



MONTHLY SELF-CARE NEWSLETTER

FEBRUARY 2024

CONNECTIONS MATTER



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SELF-CARE MATTERS

The KISD Self-Care Committee is focused on the following mission and vision.

MISSION STATEMENT

To promote the health and well-being of KISD staff and those we serve.

VISION STATEMENT

To decrease the stigma attached to mental health and increase awareness of social and emotional health and well-being by providing employees access to resources and additional support.



District-wide Character Traits

Fairness: Treating people according to their needs. This does not always mean it will be equal.

Fairness & Self-Care: Taking care of your needs prepares you to serve others well.

DIRECTOR'S CORNER



Welcome to 2024!

This month's focus is on fairness, self-love, and social needs. Fairness is being intentional about meeting the needs of others. Self-love is being intentional about taking care of your needs. Finally, social needs reflect on your personal needs and build healthy relationships.

Connecting with self and others - when you take the time to make meaningful connections with yourself, it is easier to build meaningful relationships with others.

Happy New Year,
Shannon Lumar





SELF-CARE TIPS

Self-Care is Fair

Practicing self-care can be an antidote to burnout, which is a combination of mental, emotional, and physical exhaustion. Create a flexible schedule; one that allows you to continue learning, identify opportunities for growth and development, and balance activities to preserve longevity and happiness in both your relationships and careers.



CONNECT & EMPOWER = SELF-CARE IN ACTION

- **Take a Break** - Rest, read a book, watch a movie, use vacation and personal days to recharge, embrace nature, just five-minutes in the sun has benefits.
- **Set Goals** - Reduce your stress levels, set short term goals, break down your obligations into small attainable chunks, learn a new skill.
- **Say No** - Decline tasks that will add extra stress to your life.
- **Create a Support System** - Ask for help, rely on others, talk to co-workers about your work, try not to be on a lonely island.
- **Connect with Your Emotions** - Listen to what your emotions are saying about what you want and need.
- **Practice Mindfulness** - take up yoga, unplug from technology and social media, practice breathing exercises.

Please visit the website, <https://www.killeenisd.org/Page/14966>, for frequent updates of helpful mental wellness information for staff, students, and parents.



KISD Self-Care Calendar & Other Helpful Information:
<https://www.killeenisd.org/Page/15353>

You may also follow www.actionforhappiness.org to find a variety of resources for creating a happier and kinder world.



Accessing the Employee Assistance Program is easy & free: call **1-800-316-2796** or visit www.mutualofomaha.com/eap/.

Find resources on emotional well-being, substance abuse & addiction, physical health, and many more.