



# MONTHLY SELF-CARE NEWSLETTER

MARCH 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

**Trustworthiness:** Making personal choices that build trust to include honesty and integrity.

**Trustworthiness & Self-Care:** "Putting trust in ourselves comes from a sense of knowing that we are worth it. Putting such trust in ourselves comes from us being cognizant of our own needs— our self-care. Self-care allows us to refuel so we can continue the work we are so passionate about."

### DIRECTOR'S CORNER



Spring Break is indeed a valuable time to rejuvenate and reconnect with oneself. Amidst the plans for fun and relaxation, set aside moments for reflection. Reflection enables us to gain awareness of our needs, aspirations, and areas for growth. It's a process of honest introspection that lays the foundation for personal development and fulfillment.

As we reflect, it's important to be sincere with ourselves, acknowledging both our strengths and areas where we can improve. This honesty empowers us to make meaningful changes and embark on the journey of self-improvement.

Moreover, fostering intrapersonal skills, such as self-awareness and self-compassion, is crucial for overall well-being. By nurturing our self-connection, we cultivate resilience and deepen our understanding of who we are and what truly matters to us.

So, amidst the excitement of Spring Break, let's embrace the opportunity to pause, reflect, and invest in our personal growth. Trusting the process of self-discovery and improvement, we pave the way for a more fulfilling and balanced life ahead.

Respectfully,  
Shannon Lumar





## SELF-CARE TIPS

# Embrace Your Inner Strength - Prioritize Your Wellbeing



## CONNECT & EMPOWER = SELF-CARE IN ACTION

- **Practice Mindfulness & Self-Compassion** - Become more aware of your thoughts, emotions, and bodily sensations to better recognize your needs.
- **Set achievable, self-care focused goals** - Establish clear objectives that promote self-care.
- **Cultivate relationships with people who support your self-care journey** - Surround yourself with people who encourage and empower you.
- **Celebrate your accomplishments** - acknowledge your success both big and small.
- **Learn to say NO** - Any commitments that don't align with your self-care priorities, say NO.

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](http://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/](http://www.mutualofomaha.com/eap/).

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