MONTHLY SELF-CARE NEWSLEITTER APRIL 2024

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SELF-CARE MATTERS

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

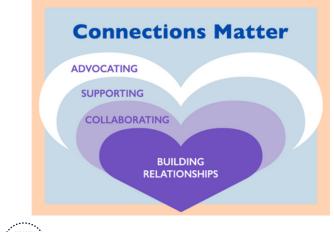
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MISSION STATEMENT

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.





Perseverance: Being able to work through situations even when there are obstacles or challenges in the way.

Perseverance & Self-Care: Doing what is necessary while maintaining optimal wellbeing.

DIRECTOR'S CORNER

Connections Matter!

Spring is in the air! Such a beautiful time of year, a time of rejuvenation and revitalization.

Spring is also the last quarter of the regular school year. This time of year can be exciting while, at the same time, taxing - the perfect time to practice the trait of perseverance.

As you persevere in reaching all of your goals, stay true to yourself!

"Rest and self care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. **You cannot serve from an empty vessel.**" - Eleanor Brownn

Respectfully, Shannon T. Lumar



Perseverance & Self-Care



Reframe negative talk with positive words



CONNECT & EMPOWER = SELF-CARE IN ACTION

- Accept Reality
- Understand what you can control
- Fínd your courage
- Relax, recharge, and remain focused by doing what you need:
 - medítate
 - make time with family & friends
 - enjoy what you love
 - move your body
 - get enough sleep
 - enjoy nature



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

ACTION FOR HAPPINESS <

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.

WWW.KILLEENISD.ORG