



MONTHLY SELF-CARE NEWSLETTER

APRIL 2024

CONNECTIONS MATTER



www.facebook.com/KISDCounsel



counseling@killeenisd.org



(254) 336-0282

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

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!



Respectfully,
Shannon T. Lumar



SELF-CARE TIPS

Perseverance & Self-Care



Reframe negative talk with positive words



**CONNECT & EMPOWER =
SELF-CARE IN ACTION**

- *Accept Reality*
- *Understand what you can control*
- *Find your courage*
- *Relax, recharge, and remain focused by doing what you need:*
 - *meditate*
 - *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.



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.