



# MONTHLY SELF-CARE NEWSLETTER

MAY 2024

## CONNECTIONS MATTER



[www.facebook.com/KISDCounsel](https://www.facebook.com/KISDCounsel)



[counseling@killeenisd.org](mailto: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

**Self-Control: Being able to manage emotions in difficult situations.**

**Self-Control & Self-Care: Refrain from immediate gratification.**

### DIRECTOR'S CORNER



### Connections Matter!

May marks both Mental Health Awareness Month and the culmination of the regular school year! Typically, at this point, we're all eagerly anticipating a well-deserved break. Mental Health Awareness Month offers an extra opportunity to spotlight those dealing with mental or behavioral health challenges, aiming to diminish the stigma surrounding seeking support and celebrating recovery from mental illness.

Let's also use this time to be proactive. Explore the connection between coping mechanisms and self-care, and integrate healthy coping strategies during times of calm to bolster their effectiveness during tougher times. Similarly, establish a self-care regimen before it becomes a necessity, identifying the coping methods that suit you best.

Take time to rest, unwind, and recharge! You owe it to yourself and the world to present the finest version of yourself!

Respectfully,  
Shannon T. Lumar

Mental Wellness Matters  
Hope is the catalyst for Positive Change!





## SELF-CARE TIPS

# Self-Control & Self-Care

If we want to limit our guilt and increase our peace of mind and success in our lives and self-care, we need to practice self-control.

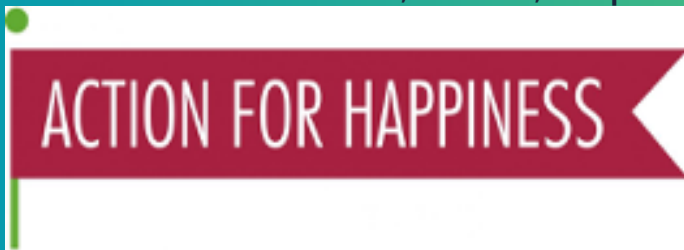
### CONNECT & EMPOWER = SELF-CARE IN ACTION



- *Remove Roadblocks - Identify what your potential roadblocks could be and plan how you will deal with them.*
- *Follow An “If/Then” Strategy - It’s a discipline that demands you to correct undesired or routine behaviors. Ex., If I surf Instagram when I’m on a social media band, I’ll extend the band for an extra period of time.*
- *Forgive Yourself - Failing is a part of learning. Give yourself permission to forgive yourself! Beating yourself up only make things worse and add to your stress. Forgive yourself and jump back on the saddle!*



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.