



MONTHLY SELF-CARE NEWSLETTER

OCTOBER 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.



October Character Traits

Self-Direct & Self-Care: Lead yourself to who you want to be. "Grab your favorite beverage. Journal your intentions. Get to work. Create miracles."

DIRECTOR'S CORNER



Happy Fall!

October is Positive Attitude month! Autumn is the season of contrast, of holding on and letting go, the time to gather knowledge and harvest new ideas, and the reminder that sometimes patience is what leads to growth.

All emotions are normal and expected to occur at some point in life. Often we experience various emotions throughout the day. However, a positive mindset helps regulate our emotions and focus our thoughts.

As you tackle your daily tasks, remember to be positively present and grow through them!

Respectfully,
Shannon Lumar



DIRECT YOURSELF TO SELF-CARE

Make a commitment to give yourself a little extra love and focus. Incorporate sustainable self-care practices into your daily routines and create significant increase in your well-being.



Listen to Your Body

Ask yourself this question - Am I getting enough rest and nourishment?

Move your bodies - moving your body is good for physical health, it also benefits our mental health.

Exercise increases the body's production of endorphins, the brain's "feel good" chemicals.

Ask for Help

Don't try to be a superhero. Give yourself permission to ask for and receive help. Be willing to let go of what you think you "should" do on your own. To figure out what you can take off your plate, ask yourself this question -

What are three things on your to-do list right now that you could ask for help with, let go of, or delegate?

Seek Authentic Connection

Self-care includes spending time with people you trust who listen to you, care about you, and make you feel good about yourself. Therefore, create your own support network, including family, peers, counselors/therapists, and/ or mentors.

Multiple studies have shown that relationships improve mental and physical health. The more connected we feel with others, the more resilient and positive we are.

Weave Mindfulness into Your Day

1. **Conscious breathing:** *Before you brush your teeth in the morning and at night, take three slow, deep breaths. You can also do this at other moments of your day, such as when you're stopped at a red light or while you're waiting in line.*
2. **Body scan:** *When you get in bed at night or before you get out of bed in the morning, do a body scan. Specifically, send your attention to each part of the body, starting with the toes and moving up to the head, and focus on the sensations you feel in each area. Relax the muscles in each area of the body before moving on to the next.*
3. **Activate your senses:** *While you're walking the dog, waiting at the bus stop, or walking from your car to your workplace, observe and savor what's around you. Additionally, pay attention to the way the air feels, what you see nearby and in the distance, and the sounds you hear. Tune in to what is beautiful and interesting in your environment.*

KISD Self-Care Calendar & Other Helpful Information:

www.killeenisd.org/staff_mentalwellnessmatters