



MONTHLY SELF-CARE NEWSLETTER

NOVEMBER 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.



November Character Trait

Teamwork & Self-Care: Work together to reach a goal. "Prioritize team-care, not just self-care". To improve health and well-being for ourselves and for our colleagues, take a team-based approach to well-being.

DIRECTOR'S CORNER



As the holiday season approaches, we are reminded of the joy that comes from spending time with family and friends. But with all the festivities, it's easy to get caught up in lofty expectations and endless tasks. This year, let's take a moment to value the small things—those precious, simple moments that matter most.

We hear a lot about self-care, and yes, self-care is essential. But this season, let's take it one step further: team care. While the holidays bring joy, they can also bring stress, grief, and other challenges. As we look forward to the good times ahead, let's not forget to take care of each other—the team we work with every day.

Remember, together we can lift each other up, sharing kindness, patience, and support during this busy time of year. Wishing you all a season filled with peace, love, and well-being.

Grateful,
Shannon Lumar





SELF-CARE TIPS

The Self Care Wheel

This is an activity that can be used individually or with a team. In the self-care wheel, there are six categories: physical, social, mental health & well-being, community, financial, and purpose.

Read the brief description in each category.

- **Physical self-care:** preventative care, exercise, nutrition, sleep
- **Social self-care:** spending time with family and friends, connecting with a friend at work
- **Mental health & well-being self-care:** dealing with feelings in a healthy way through journaling, friends, counseling
- **Community self-care:** contributing to the community you live in, volunteering, loving where you live
- **Financial self-care:** feeling financially secure, setting a budget, saving for retirement
- **Purpose self-care:** take time for lunch, set boundaries, leave work at work, take vacation, find value in what you do each day

Next, color each area RED, YELLOW, or GREEN to indicate where you are succeeding in taking care of yourself and where you could do some work.

Then, if you'd like to do this with a partner or small group, share one thing that you learned or noticed about yourself. Only share what you are comfortable sharing.

Finally, identify one or two areas you would like to work on and create an action plan to improve.

[Click here for a copy of The Self Care Wheel](#)



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

ACTION FOR HAPPINESS

KISD Self-Care Calendar & Other Helpful Information:
www.killeenisd.org/staff_mentalwellnessmatters

You may also follow www.actionforhappiness.org to find a variety of resources for creating a happier and kinder world.

Do not forget

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.