



MONTHLY SELF-CARE NEWSLETTER

DECEMBER 2023

CONNECTIONS MATTER



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(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

Empathy & Self-Care: "Prioritize finding a healthy balance between taking care of yourself and others so that you can continue to shine the light of compassion."

DIRECTOR'S CORNER



This holiday season, let's be intentional about caring for ourselves and others. Utilize self-awareness as you build relationships and make connections with others.

Stay true to yourself. Remember, there are limits to what you can control. Let the holidays be a time of positive reflection.

Hold on to traditions, beliefs, and practices, or develop new ones. Make great memories. Enjoy every moment of the time you spend with family and friends.

Love unconditionally,
Shannon Lumar





SELF-CARE TIPS

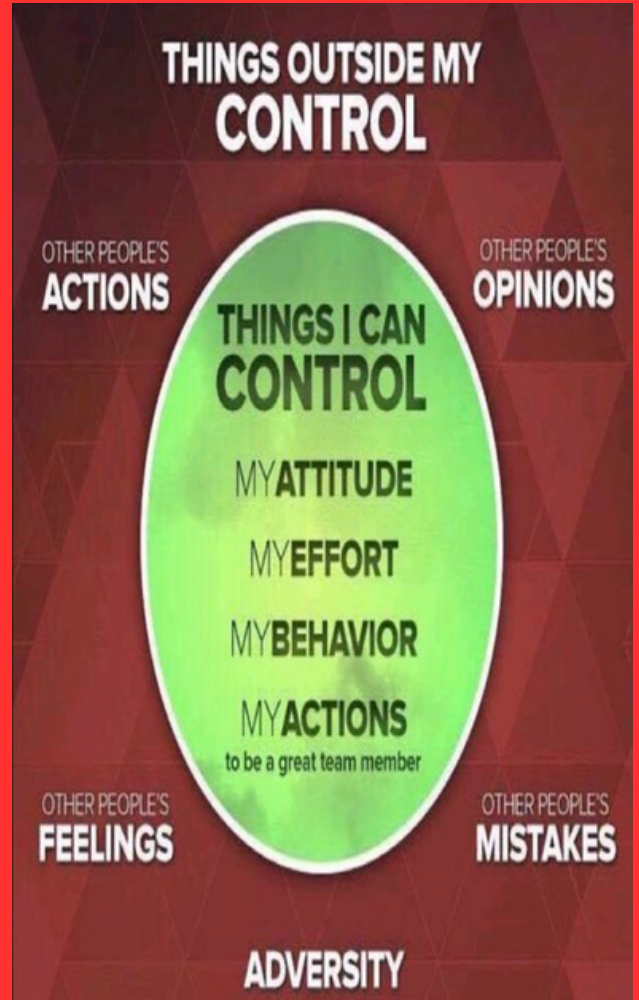


Always fill your own cup first

AND ALLOW THE WORLD TO BENEFIT FROM THE OVERFLOW

CONNECT & EMPOWER = SELF-CARE IN ACTION

As many of us gather with friends and family this holiday season, remember, while you can't control the opinions of others, you can control your attitude and response.



INSTEAD OF...	ASK YOURSELF...
"I KNOW THIS ALREADY."	"WHAT CAN I LEARN FROM THIS?"
"THIS WON'T WORK FOR ME."	"HOW CAN THIS WORK FOR ME?"



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.

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