



MONTHLY SELF-CARE NEWSLETTER

SEPTEMBER 2024

CONNECTIONS MATTER



www.facebook.com/KISDCounsel



counselingekilleenisd.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.



September Character Trait

Empathy & Self-Care: *To understand and feel the heart of another. "If your compassion does not include yourself, it is incomplete- Jack Kornfield.*

DIRECTOR'S CORNER



Welcome to the 24-25 school year!

September is Self-Improvement and Suicide Prevention Awareness month! As we embark on the new school year.....

DARE TO SELF-CARE

Speak kindly to your inner self.
You are you, and no-one else
Will lead the life you do.
Silence your inner critic
And all his chatter.

Then write this truth inside your brain:

"I'm worth it & I matter."

Inspired by Ms. MOEM

Have a Great year!

Respectfully,
Shannon Lumar



SELF-CARE TIPS FOR CONNECTION WITH SELF

*Remember that there are resources
available to help you Thrive!*



*If you are a district employee, you
may access the District's FREE,
confidential Employee Assistance
Program by contacting the program
at (800) 316-2796 or [here](#). Our KISD
counselors can also assist directly
or with referrals to additional
appropriate resources.*



Mental health tips for back-to-school season

- Allow space for big feelings
- Stay organized to minimize uncertainty
- Make time for activities with friends and family
- Talk about things not related to school
- Tap into your support network
 - Chat with a therapist
 - Practice self-care
- Celebrate progress, no matter how small

*See the Wellness Tracker on the next
page. Using a tracker helps to
increase self-awareness, recognize
triggers, improve your lifestyle,
understand your emotional patterns,
and to hold you accountable to
complete wellness activities.*

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

