Connections are more important than we ever imagined. Research shows that relationships have the power to shape our brains. Healthy relationships help us learn better and work better. Each connection develops stronger bonds in classrooms, work environments, and communities.

CONNECT WITH STUDENTS & FAMILIES:
- Communicate expectations
- Open multiple lines of communication
- Be consistent
- Be present
- Share interest
- Support their emotions
- Listen and respond non-judgmentally

CONNECT WITH YOUR CO-WORKERS:
- Communicate
- Schedule lunch dates
- Share celebrations
- Spend time with each other
- Be present
- Collaborate
- Share your personal passions and interest

CONNECT WITH SELF:
- Eat well
- Sleep well
- Give yourself grace
- Know your triggers and identify coping strategies
- Remember each day offers new opportunities

For more resources, please visit: www.killeenisd.org/staff_mentalwellnessmatters