

MONTHLY SELF-CARE NEWSLETTER

OCTOBER 2022

CONNECTIONS MATTER



www.facebook.com/KISDCounsel



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SELF-CARE MATTERS

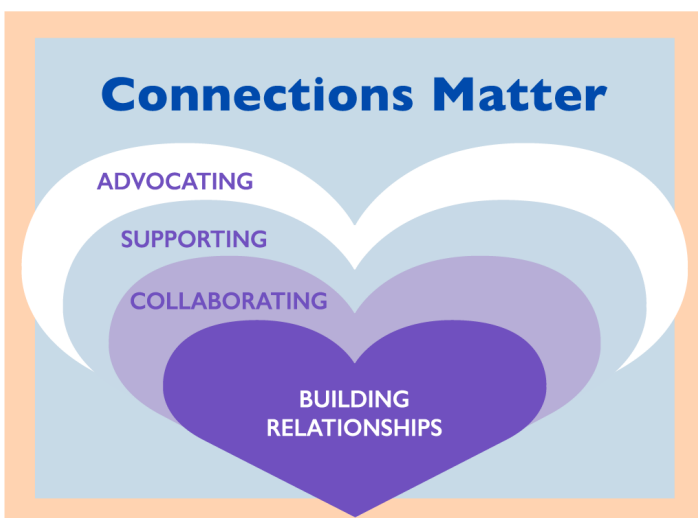
The KISD Self-Care Committee is focused on the following mission and vision.

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.



District-wide Character Traits

Good Citizenship & Self-Care: "You can't pour from an Empty Cup." Take pride in caring for yourself. Being your best self helps you show up in your home, school, and community in the best version of you!

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





SELF-CARE TIPS

Autumn Self-Care Bingo

Fall scented candle	Paint or carve a pumpkin	Pumpkin dessert	Declutter your space	Take a nature walk
Soups or crockpot recipes	Update your fall wardrobe	Curl up with a book	Decorate your space for autumn	Let something go
Start a gratitude practice	Have a game night	Free space	Work on a bad habit	Have a day of rest
Drink a warm beverage outside	Check-in with your feelings	Visit a Farmer's market	Bonfire or camp fire	Apple cider or apple spice
Have a cozy night in	Journal before you go to bed	Watch spooky movies	Take a scenic drive	Try something new



Challenge:
 Bingo, blackout, or choose one thing that you can do consistently for 21 days. Click on the bingo card to print a copy, or click here to print a sheet to track your 21 day activity. Email your bingo or tracking sheet to counseling@killeenisd.org by 5:00pm on Oct. 27th.

CONNECT & EMPOWER = SELF-CARE IN ACTION

Educator Wellness

4 Dimensions of Self-Care & Wellness:

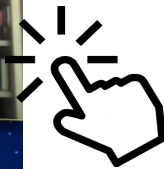
Physical Wellness Dimension

Mental Wellness Dimension

Emotional Wellness Dimension

Social Wellness Dimension

Please watch the first of 5 videos below. Also, click here for materials that you may download to help start your wellness journey.



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.





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.

Autumn Self-Care Bingo

SelfLoveRainbow

Fall scented candle	Paint or carve a pumpkin	Pumpkin dessert	Declutter your space	Take a nature walk
Soups or crockpot recipes	Update your fall wardrobe	Curl up with a book	Decorate your space for autumn	Let something go
Start a gratitude practice	Have a game night	★ Free space  ★	Work on a bad habit	Have a day of rest
Drink a warm beverage outside	Check-in with your feelings	Visit a Farmer's market	Bonfire or camp fire	Apple cider or apple spice
Have a cozy night in 	Journal before you go to bed	Watch spooky movies	Take a scenic drive	Try something new

Challenge:

Use the bingo card

-or-

Choose one activity that you can do consistently for 21 days, track your activity on the wellness tracker.

Email your bingo or tracking sheet to counseling@killeenisd.org by 5:00pm on Oct. 27th.

