



# MONTHLY SELF-CARE NEWSLETTER

DECEMBER 2022

## CONNECTIONS MATTER



[www.facebook.com/KISDCounsel](https://www.facebook.com/KISDCounsel)



[counseling@killeenisd.org](mailto:counseling@killeenisd.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.

### Connections Matter

ADVOCATING

SUPPORTING

COLLABORATING

BUILDING  
RELATIONSHIPS



### 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**



Please visit the website, [www.killeenisd.org/guidance\\_and\\_counseling](http://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](http://www.killeenisd.org/staff_mentalwellnessmatters)

You may also follow [www.actionforhappiness.org](http://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/](http://www.mutualofomaha.com/eap/).

Find resources on emotional well-being, substance abuse & addiction, physical health, and many more.

### Educator Wellness

#### 4 Dimensions of Self-Care & Wellness:

*Physical Wellness Dimension*

*Mental Wellness Dimension*

*Emotional Wellness Dimension*

*Social Wellness Dimension*

Please watch the third of 5 videos below.

Also, click here for materials that you may download to help start your wellness journey and for the previous videos.

### Mental Wellness Routines

- Automate and regulate the many decisions you face each day.
- Respect the line between busy and hurried.
- Balance positive high-energy actions with positive low-energy quiet time.
- Be competent and confident while improving.
- Practice daily gratitude, especially on your worst days.