SELF-CARE MATTERS

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

**SELF-CARE COMMITTEE MISSION STATEMENT**

To promote the health and well-being of KISD staff and those we serve.

**SELF-CARE COMMITTEE 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.

Director’s Corner

As we prepare to end the 2021-2022 academic year, I want to express my gratitude for your hard work and resilience.

Your patience, strength, and courage give hope as we reflect on the past couple of years and prepare for next year’s journey.

I encourage you today to take the time to rejuvenate by being true to yourself. Mental health is wellness. Helping each other is the kind of love the world needs today, and we are stronger together. However, you have to take the first step in taking care of yourself. Be honest with yourself and make the changes needed to be successful.

Live your best life and give the world the best version of you!

Respectfully,
Shannon Lumar

District-wide Character Traits

Honesty - Be true to yourself. Sometimes self-care means doing hard things; ex. avoiding toxic relationships, canceling a fun activity to complete a task that will promote well-being. Honest self-care is meaningful.
Please visit the website, https://www.killeenisd.org/guidance_and_counseling, for frequent updates of helpful mental wellness information for staff, students, and parents.

You may also follow www.actionforhappiness.org to find a variety of resources for creating a happier and kinder world.

HONEST SELF-CARE TIPS

Real, Honest Self Care Tips for a Better Life

5 WAYS TO BE MORE HONEST WITH YOURSELF

- Stop Putting Off Dreams Until Tomorrow.
- Own Up to Your Mistakes.
- Don’t Shrug Off Your Feelings.
- Realize You Don’t Know Everything (and That’s Okay)
- Find a Love One to Give You Honest Feedback.

5 Ways To Be More Honest With Yourself

- Don’t Do It All By Yourself
- What Will Happen If You Make Self-Care a Priority
  - Exercise Regularly
  - Getting Organized Is A Needed Self-Care Tip
  - Schedule Your Self-Care Time
- Stop putting off dreams until tomorrow.
- Own up to your mistakes.
- Don’t shrug off your feelings.
- Realize you don’t know everything (and that’s okay)
- Find a love one to give you honest feedback.

Connect & Empower = Self-Care in Action

Honest Self-Care Tips

Please click on the image above to get great info about the following topics.

- Don’t Do It All By Yourself
- What Will Happen If You Make Self-Care a Priority
  - Exercise Regularly
  - Getting Organized Is A Needed Self-Care Tip
  - Schedule Your Self-Care Time

Please visit the website, https://www.killeenisd.org/guidance_and_counseling, for frequent updates of helpful mental wellness information for staff, students, and parents.

KISD Self-Care Calendar & other helpful information:
www.killeenisd.org/staff_mentalwellnessmatters

Accessing the Employee Assistance Program is easy & free: call 1-800-316-2796 or click https://www.mutualofomaha.com/eap/. Also, on this link, you will find resources such as articles featuring topics on emotional well-being, substance abuse & addiction, physical health, and many more.