SELF-CARE MATTERS

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.

SELF-CARE IS FOR EVERYONE

❤️ Self-care is developing a strong relationship with yourself by showing up for yourself every day.

❤️ Self-Care goes beyond activities that make you feel good. Practicing self-care keeps you in touch with what your needs are and helps you prepare your future self. It also requires you to do the boring things; like scheduling that dentist appointment or going to bed at a reasonable time.

❤️ Self-Care is knowing who you can turn to for help or support.

❤️ Self-Care requires daily check-ins with yourself and really listening to your needs and feelings for that day, or even just for that moment.

❤️ Self-Care is extremely important for maintaining your physical, spiritual, and mental wellbeing. Be a part of a community, respond to your needs, and connect to yourself.

DIRECTOR’S CORNER

2021 “FOCUS”

Hopefully, you have spent the month of January discovering your vision. If not, it is not too late because we are still at the beginning of the New Year. Review last month’s tips and get started! Once you determine your vision, prepare to tackle the task.

Having a strong foundation is key to preparing for success. Remember to stay true to your goals and remain consistent with your action steps. You may get delayed but what matters is that you get back on track!

Do something daily that helps you fulfill your purpose, give yourself and others grace, support, and encouragement. Your future self will thank you. We are all on this journey together.

You are worth it!

Shannon Lumar

Cup of Love

www.killeenisd.org/guidance_and_counseling
Self-Care Challenge: Consider using this graphic to prepare your self-care plan. Be accountable to yourself daily.

PREPARING TO MAKE YOUR VISION A REALTY

Identifying clear action steps:

1. Prioritize: Make you and your vision a priority.
2. Time: Schedule time in your daily activities to do something that will get you closer to your goal.
3. Organize: Plan effectively to be able to complete the daily task that aligns with your goal.
4. Be kind to yourself: It is ok to have a bad day. Be intentional about taking care of your basic needs. “If at first you don’t succeed try, try again.”
5. Seek an accountability partner.

ACTION FOR HAPPINESS

Please follow www.killeenisd.org/staff_mentalwellnessmatters to view the monthly Self-Care calendars. 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 1-800-854-1446 or click https://www.unum.com/employees/services/life-balance. Also, check out the Daily News Brief for free webinars from Baylor Scott & White. Scope out the Employee Benefits Department page for additional wellness webinars.

www.killeenid.org/guidance_and_counseling1
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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td>Send someone a message to say how much they mean to you</td>
<td>Ask a friend how they have been feeling recently</td>
<td>Do an act of kindness to make life easier for someone else</td>
<td>Organize a virtual tea break with colleagues or friends</td>
<td>Show an active interest by asking questions when talking to others</td>
<td>Get back in touch with an old friend you've not seen for a while</td>
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<td>Make an effort to have a friendly chat with a neighbor</td>
<td>Share what you're feeling with someone you really trust</td>
<td>Thank someone and tell them how they made a difference for you</td>
<td>Look for the good in people, even when they frustrate you</td>
<td>Send an encouraging note to someone who needs a boost</td>
<td>Focus on being kind rather than being right</td>
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<td>Tell your loved ones why they are special to you</td>
<td>Smile at the people you see and brighten their day</td>
<td>Check in on someone who may be struggling and offer to help</td>
<td>Respond kindly to everyone you talk to today, including yourself</td>
<td>Appreciate the good qualities of someone in your life</td>
<td>Share a video or message you find inspiring or helpful</td>
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<td>Actively listen to what people say, without judging them</td>
<td>Give sincere compliments to people you talk to today</td>
<td>Be gentle with someone who you feel inclined to criticize</td>
<td>Tell a loved one about their strengths that you value most</td>
<td>Thank three people you feel grateful to and tell them why</td>
<td>Give positive comments to as many people as possible today</td>
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<td>Make uninterrupted time for your loved ones</td>
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“If you are searching for that one person that will change your life, take a look in the mirror.”