The past few weeks brought about uncertainties that compounded challenges we are already experiencing because of the global pandemic. Despite it all, we are still here. I hope that taking care of yourself is a priority and you are utilizing the Self-Care tips as you reset and regroup.

I am honored to be part of a community that truly cares! As I reflect on the events of the past few weeks, I realized the resilience of Central Texas. We endured the challenges, took one day at a time, and stepped in to help where needed. Thank you Ft. Hood, Killeen, Harker Heights and Nolanville for coming together to ensure our friends and neighbors were cared for.

Life is filled with unforeseen changes. I encourage you to stand firm in knowing and fulfilling your purpose. When life’s swift transitions shake your foundation, be sure you have established anchors (your vision, plan for the future, etc.) that will help you stay grounded. You are all in this together!

Grateful,
Shannon Lumar
PATHWAYS TO RESILIENCE

Resilience is the ability to bounce back from setbacks in our lives. It is the way we can prevent stress from causing serious physical, mental, and emotional issues. Practicing positive and often simple activities can actually retrain our brain to be more resilient!

POSITIVE SIMPLE ACTIVITIES TO HELP PROMOTE RESILIENCE

FOR CHILDREN
- Positive Role Models
- Supportive Adults
- Parental Involvement
- Caring Community
- Increased Parent-Infant Contact
- Increased Knowledge of Child Development

FOR EVERYONE
- Supportive Relationships
- Walk in the Woods
- Healthy Food
- Gratitude
- Exercise
- Positive Thoughts
- Smile
- Laugh
- Talk About Feelings
- Hope
- Music
- Volunteer
- Art

FOR ADULTS
- Acknowledge Trauma
- Seek Support
- Identify Emotional Triggers
- Mental Health and Substance Abuse Treatment
- Create Safe and Stable Nurturing Relationships

Breathe Bubble
A simple breathing exercise to calm and recharge. It only takes a minute and acts like a reset button.

Gratitude Jar
Decorate a jar. Be intentional about daily positive reflections. Write a note and drop it in the gratitude jar daily. At the end of the week, month, or year, set aside time to reflect on the things that you are most appreciative of in life.

I am grateful for memories.
Write about a memory that you are grateful for. Positive memories might be special things that have happened to you, but negative memories can be important too because we learn from them. Choose whichever memory you prefer, but explain why it is significant to you.

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 1-800-854-1446 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.
KISD SELF-CARE CALENDAR: MARCH 2021

SUNDAY

1 Set an intention to live with awareness and kindness

7 Have a ‘no plans’ day and notice how that feels

14 Find ways to enjoy any chores or tasks that need doing

21 Listen to a piece of music without doing anything else

28 Appreciate nature around you, wherever you are

MONDAY

2 Notice five things that are beautiful in the world outside

8 Eat mindfully. Appreciate the taste, texture & smell of your food

15 Stop, breathe and just notice. Repeat regularly during the day

22 Walk a different route today and see what you notice

29 Notice what is working today and be thankful that this is so

TUESDAY

3 Start today by appreciating your body and that you’re alive

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune in to your feelings, without judging or trying to change

30 Mentally scan down your body and notice what it is feeling

WEDNESDAY

4 Notice how you speak to yourself. Try to use kind words

10 Get outside and notice how the weather feels on your face

17 Look around and spot 3 things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Notice the joy to be found in the simple things of life

THURSDAY

5 Take three calm breaths at regular intervals during your day

11 Stay fully present while drinking your cup of tea or coffee

18 If you find yourself rushing, make an effort to slow down

25 Focus your attention on the good things you take for granted

FRIDAY

6 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Notice when you’re tired and take a break as soon as possible

SATURDAY

13 Pause to just watch the sky or clouds for a few minutes today

27 Have a device-free day and enjoy the space it offers

“Our greatest and most readily accessible leadership skills are breath and presence.”

MENTAL WELLNESS MATTERS

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