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

MISSION STATEMENT
The mission of KISD’s Self-Care Committee is 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.

DIRектор'S CORNER
2020 has been a year filled with challenges and uncertainties. Hopefully, as we embark upon the holidays, we will take the time to be intentional about taking care of ourselves. Self-Care is especially important as we care for those around us this season. Remember, “You can’t pour from an empty cup.” We must first demonstrate Self-Love by caring for ourselves before we can share that love with others. Times are tough, but remember, tough times are temporary. Instead of trying to normalize this time of uncertainties, embrace the positives that 2020 has offered. Focus on the good. The good to come and the new experiences that you are looking forward to.

Stay true to yourself. Remember, there are limits to what you can control. Let the holidays be a time of positive reflection. Whatever your traditions, beliefs, and practices; make new memories. Create new traditions. This year is a perfect time to be unpredictable.

“Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.” Oprah

Be kind to yourself,
Shannon Lumar
While social media can be a wonderful tool for bringing people together, it can sometimes cause damage in real life. We all need to be reminded of the following research from time to time. However, consider all sources of social media to include gaming, and all forms of communication through the world wide web. What impact does it have on your mental wellness, emotions, and most vulnerable relationships?

---HOW TO PROTECT YOUR MENTAL HEALTH ON SOCIAL MEDIA--- ADAPTED FROM JAKE SCHROEDER---

- **Do Not Sleep with Your Phone** – Avoid scrolling during the night; instead, do something restful like meditation or reading to calm yourself down.
- **Unfollow People** – Delete anyone who’s presence brings you down.
- **Turn Off Notifications** – Social media could be keeping you from enjoying the present.
- **Get Off Social Media Before Bed** – It can be distracting and disruptive to a good night’s rest.
- **Ignore Facebook Likes** – Likes may come with anxiety over who is liking your posts and who is not.
- **Keep Away from Mood Killers** – Social media platforms may leave you feeling depressed or anxious. Before clicking on a link, ask yourself if you will feel better having read it. If not, just keep on scrolling.
- **Do not Accept Unknown Friend Requests**
- **Check Your Privacy Settings** – Learn how to navigate the app to share information only with people you would like to view it.
- **Cut the Celebrities** – Having an idealized version of a favorite celebrity broadcast into yours may not be healthy in the long run.
- **Beware of Ads** – Ads are designed to pull you in, even on social media. Consider using an ad blocker to avoid temptation and minimize stress both mental and financial.
- **Fake News** – To help combat disinformation on social media,
- **consider using a trusted fact-checking site.**
- **Avoid Triggers** – A trigger is simply something that sparks strong feelings of anxiety, anger, or sadness, usually because of past trauma. If you are always being set off by someone’s post, unfollow them. Triggers can be harmful to your mental state. You may find yourself stewing over something you have seen on social media for way too long in real life, and you do not need that kind of negativity.
- **Take Time Off** – Sometimes you may need a break from social media.
- **Think About Your Feelings** – Sometimes you just need to reflect on how something makes you feel. If you are constantly feeling sad or anxious after going on social media, think about why that is. Maybe you are comparing yourself to other people, or perhaps you are getting too involved with people you should not. You should acknowledge these feelings. Take some time to reflect on how the situation is affecting you and why you feel a certain way. Social media should provide connections to other people and casual amusement, not stress or envy.
- **Limit Yourself** – If you do not want to cut off social media altogether, you may need to set limits. Decide what limits you would like to set.
- **Be Mindful** – Be mindful of what you share. Do not post right away, you might be sharing more than you want to. Delay posting, it gives you time to decide if you really want to share something.
- **Delete Old Photos** – Go through your old photos and posts and delete anything you no longer want to share.
- **Stick to Your Purpose** – Keep your task in mind.
- **Get Out of Unhealthy Groups** – If a social media group is stressing you out, leave it. You can friend or follow the positive people who first drew you there without all the negativity of the group itself.
- **Turn Off Comments** – if other people’s comments are derogatory or affect you in a negative way, it is time to shut them off. If an argument arises with other people over something you posted, you can always turn off comments for a particular post or delete the thread entirely.
- **Live in the Moment** – The best thing about social media is that it brings people together. It allows us to connect with friends and even strangers who we would not usually be able to connect with. One of the downsides of social media, however, is that it can take away from real-life experiences. When you are on vacation or engaged in activity, for example, instead of posting a picture of your family doing every little thing, step back and enjoy life as it is happening. Delay posting until later so you can enjoy your time in real life. Doing so will give you the interpersonal experiences you need and set healthy boundaries between you and social media.

WWW.KILLEENISD.ORG
Actions of Happiness helps people take action for a happier and kinder world. Monthly calendars that are filled with actions you can take to help create a happier and kinder world are provided on the website. You can get the calendar, download the app, join the AOH group, just to name a few by clicking on the link below.

[link]

**Actions of Happiness**

**KINDNESS CALENDAR: DECEMBER 2020**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Share the Kindness Calendar with others and spread kindness.</td>
<td>2. Contact someone you can’t be with to see how they are.</td>
<td>3. Offer to help someone who is facing difficulties at the moment.</td>
<td>4. Give kind comments to as many people as possible today.</td>
<td>5. Make a gift for someone who is homeless or feeling lonely.</td>
<td>6. Support a charity, cause or campaign you really care about.</td>
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<td>7. Leave a positive message for someone else to find.</td>
<td>8. Do something helpful for a friend or family member.</td>
<td>9. Notice when you’re hard on yourself or others and be kind instead.</td>
<td>10. Listen wholeheartedly to others without judging them.</td>
<td>11. Be generous. Feed someone with food, love or kindness today.</td>
<td>12. Buy an extra item and donate it to a local food bank.</td>
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<td>13. Share a happy memory or inspiring thought with a loved one.</td>
<td>14. Contact an elderly neighbour and brighten up their day.</td>
<td>15. Look for something positive to say to everyone you speak to.</td>
<td>16. Practice gratitude. List the kind things others have done for you.</td>
<td>17. Give away something that you have been holding on to.</td>
<td>18. Buy locally and support independent shops near you.</td>
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<td>19. Contact someone who may be alone or feeling isolated.</td>
<td>20. Be kind to the planet. Eat less meat and use less energy.</td>
<td>21. Appreciate kindness and thank people who do things for you.</td>
<td>22. Congratulate someone for an achievement that may go unnoticed.</td>
<td>23. Choose to give or receive the gift of forgiveness.</td>
<td>24. Bring joy to others. Share something which made you laugh.</td>
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<tr>
<td>25. Treat everyone with kindness today, including yourself!</td>
<td>26. Get outside. Pick up litter or do something kind for nature.</td>
<td>27. Call a relative who is far away to say hello and have a chat.</td>
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Let’s look beyond our differences and help each other. Every act of kindness matters.

**ACTION FOR HAPPINESS**

#DoGoodDecember

Learn more about this month’s theme at [www.actionforhappiness.org/do-good-december](https://www.actionforhappiness.org/do-good-december)

[1-800-854-1446 (Phone calls are unlimited).](https://www.unum.com/employees/services/life-balance)

**ACCESSING THE EMPLOYEE ASSISTANCE PROGRAM**

It’s easy & free: call 1-800-854-1446 or click [https://www.unum.com/employees/services/life-balance](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.KILLEENISD.ORG](https://www.killeenisd.org)