**SELF-CARE MATTERS**

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

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**SELF-CARE COMMITTEE MISSION STATEMENT**

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

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**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.

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**DIRECTOR'S CORNER**

2021 “FOCUS”

October is Positive Attitude month! Autumn is the season of contrast, of holding on and letting go, the time to gather knowledge and harvest new ideas, and the reminder that sometimes patience is what leads to growth.

All emotions are normal and expected to occur at some point in life. Often we experience various emotions throughout the day. However, a positive mindset helps regulate our emotions and focus our thoughts.

As you tackle your daily tasks, remember to be positively present and grow through them!

Positively Present,
Shannon Lamar

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**District-wide Character Traits**

Responsibility: “Caring for your body, mind, and spirit is your greatest and grandest responsibility. It’s about listening to the needs of your soul and then honoring them.” – Kristi Ling
What does SEL look like for adult educators? Adult SEL is a reflection and evaluation of self-awareness, self-management, responsible decision-making skills, relationship skills, and social emotional skills. It is imperative for us to have a good and healthy mindset to support our school community.

We have designed a series of sessions to help educators explore Adult SEL. Please click the image below to see the flyer.

CONNECT & EMPOWER = SELF-CARE IN ACTION

5 Ways to Co-Regulate with Younger Students
😊 Use Warm Soothing Tone of Voice
😊 Acknowledge their Emotions
😊 Utilize Supportive Silence
😊 Invite them to Problem Solve
😊 Ask the question
   “What would be helpful right now?”

5 Ways to Help Teens Learn to Control Emotions
😊 Be a Role Model
😊 Secure your Classroom
😊 Watch Your Reaction
😊 Act Like a Coach
😊 Learn the 5 R’s

Click the link for more info: Self-Regulation

Please visit the website, 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

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.