

The Staff Connection

“Promoting Resilience”

During these trying times in the face of a world-wide health pandemic (COVID-19) in combination with other trials and tribulations including the loss of loved ones, facing homelessness and hunger, being without jobs, having to be an integral part of the teaching team in your child’s virtual classroom, and just dealing with everyday life situations, it can be very stressful and overwhelming.

You are valued!

Resilience is making adjustments in difficult times!

*We have an open door policy!
Need to talk?*

We know that times are hard and we want you to know that we are here to support you and your family. We want to promote resilience in the workplace by providing you with simple strategies that you can use to reduce stress through self-care.

Self-Care

A Jokey Joke

Occupational Self-Care Strategy #1:

“PRACTICE EFFECTIVE COMMUNICATION”

- ✦ State feelings in a clear way. For example: “I feel angry when you yell at me.”
- ✦ Offer factual descriptions of what upsets you, rather than labels or judgments.

Center for Early Childhood Mental Health Consultation/GUCCHD

Physical Self-Care Strategy #1:

“EVERY LITTLE BIT COUNTS”

- ✦ Take a walk at lunchtime.



Employer: We need someone responsible for the job.

Job Applicant: Sir your search ends here! In my previous job, whenever something went wrong, everybody said I was responsible.

Distractify.com



Something to Think About

Mental Health Check

“Coming together is a beginning.
Keeping together is progress.
Working together is success.”

~ Henry Ford



If needed, seek professional help:

- ➔ Dr. Nadia Bethley,
Clinical Psychologist
@ Delta Health Center



**WE ARE THINKING ABOUT YOU! WE ARE HERE TO SUPPORT YOU!
WE ARE IN THIS TOGETHER!**

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