

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 bouncing back 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 #2:

“ESTABLISH “ME TIME””

- ✿ Create time to maintain hobbies.
- ✿ Have a spa night at home.
- ✿ Reward yourself for a job well done.

Center for Early Childhood Mental Health Consultation/GUCCHD

Physical Self-Care Strategy #2:

“EVERY LITTLE BIT COUNTS”

- ✿ Do stretches or a 10-minutes exercise routine while watching TV.



Bill walks into his boss’s office one day and says, “Sir, I’ll be straight with you, I know the economy isn’t great, but I’ve got 3 companies after me, and I’d like to respectfully ask for a raise.” After a few minutes of haggling, the boss finally agrees to give him a 5% raise, and Bill happily gets up to leave. “By the way,” asks the boss as Bill is leaving his office, “which 3 companies are after you?” Bill replies, “The electric company, water company, and phone company.”

Distractify.com

Something to Think About

Mental Health Check

“If you want to lift yourself up,
lift up someone else.”

~ Booker T. Washington



If needed, seek professional help:

- ➔ Dr. Gordon,
Licensed Psychologist @
Life Help



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

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October 23, 2020