

# 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 recovering!

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

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

Occupational Self-Care Strategy #3: Focus on changing things that are in your control.

#### “WHAT’S IN YOUR CONTROL”

- ✦ Your ability to prioritize work requirements and personal obligations.
- ✦ Your reactions to events and other people.
- ✦ Your thoughts.
- ✦ Your behavior.

*Center for Early Childhood Mental Health Consultation/GUCCHD*

Physical Self-Care Strategy #3:

#### “EVERY LITTLE BIT COUNTS”

- ✦ Jog in place.



#### A Jokey Joke

Our computers went down at work today, so we had to do everything manually.

It took me 20 minutes to shuffle the cards for Solitaire.

*Distractify.com*



#### Something to Think About

“Unity is strength...when there is teamwork and collaboration, wonderful things can be achieved.”

~ Mattie Stepanek



#### Mental Health Check

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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