

# 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 adjusting!

*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 #4: Change your perceptions and challenge your thoughts.

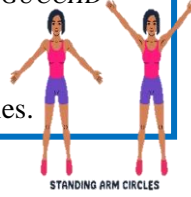
#### “SHADES OF GRAY”

- ✦ All-or-Nothing Thinking: You see things in black-and-white categories. If your actions aren’t perfect, then they are seen as a failure.
- ✦ CHALLENGE: Instead of thinking in an “either / or” way, try to think in shades of gray. Evaluate the situation on a scale of 0-10. Think again about partial success and reevaluate, on a scale of 0-10.

*Center for Early Childhood Mental Health Consultation/GUCCHD*

Physical Self-Care Strategy #4:  
“EVERY LITTLE BIT COUNTS”

- ✦ Do some forward and backwards arm circles.



Something to Think About

#### A Jokey Joke

Two factory workers are talking. The woman says, “I can make the boss give me the day off.” The man replies, “And how would you do that?” The woman says, “Just wait and see.” She then hangs upside down from the ceiling. The boss comes in and says, “What are you doing?” The woman replies, “I’m a light bulb.” The boss then says, “You’ve been working so much that you’ve gone crazy. I think you need to take the day off.” The man starts to follow her and the boss says, “Where are you going?” The man says, “I’m going home, too. I can’t work in the dark.”

*Distractify.com*



Mental Health Check

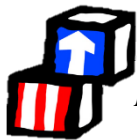
“Team spirit is knowing and living the belief that what a group of people can accomplish together is much larger, far greater, and will exceed that which an individual can accomplish alone.”

~ Diane Arias



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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