

# 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 adapting!

*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 #8:

##### “ENJOY AROMATHERAPY”

- ✘ Aromatherapy has real benefits for stress relief – it can help you to feel energized, more relaxed, or more present in the moment.
- ✘ Emerging research suggests certain scents can alter brain wave activity and decrease stress hormones in the body.
- ✘ So whether you enjoy candles, diffusers, or body products, consider incorporating some aromatherapy into your day.

*Verywellmind.com*

##### Physical Self-Care Strategy #8:

##### “EVERY LITTLE BIT COUNTS”

- ✘ Dance.



Something to Think About

#### A Jokey Joke

I went for an interview for an office job today.

The interviewer told me I’d start on \$2,000 a month and then after 6 months, I’d be on \$2,500 a month.

I told them I’d start in 6 months.

*Distractify.com*



Mental Health Check

“Individually, we are one drop.  
Together, we are an ocean.”  
~ Ryunosuke Satoro



If needed, seek professional help:  
➔ Dr. Nadia Bethley,  
Licensed 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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