

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 being flexible!

*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 *Merry Christmas*

A Jokey Joke

Occupational Self-Care Strategy #9:
“LEARN TO SAY NO”

- ✦ Take control over the parts of your life that you can change and are causing you stress. One way to do this may be to say “no” more often.
- ✦ This is especially true if you find yourself taking on more than you can handle, as juggling many responsibilities can leave you feeling overwhelmed.
- ✦ Being selective about what you take on – and saying no to things that will unnecessarily add to your load – can reduce your stress levels.

Healthline.com
Physical Self-Care Strategy #9:
“EVERY LITTLE BIT COUNTS”

- ✦ Cut back on caffeine.



Something to Think About



I got a job at a paperless office.

Everything was great until
I needed to use the bathroom.

Distractify.com



Mental Health Check

“No matter what accomplishments you make, somebody helped you.”
 ~ Althea Gibson



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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