

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 getting ready for the comeback!

*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

Occupational Self-Care Strategy #7:

“PRAISE SANDWICH”

- ✦ When you need to give someone feedback on his/her behavior, start with an observation of what he/she is doing well. Describe the changes you would like the person to make as “next steps” rather than as a critique. Finally, end with a compliment about something he/she has done well.
- ✦ *Praise:* “Nice job speaking right at eye level with Jacey.”
Next Steps: “Next time you might think about using a softer voice.” *Praise:* “I really liked how you gave her a high five at the end.”

Center for Early Childhood Mental Health Consultation/GUCCHD

Physical Self-Care Strategy #7:

“EVERY LITTLE BIT COUNTS”

- ✦ Exercise before and after work regularly.



Something to Think About

“None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful.”

~ Mother Teresa



A Jokey Joke

When I got to work this morning, my boss stormed up to me and said,

“You missed work yesterday, didn’t you?”

I said,
“No, not particularly.”

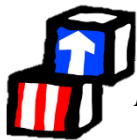


Distractify.com

Mental Health Check

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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