

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 withstanding!

*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 #12: Verywellmind.com

“START YOUR DAY OFF RIGHT”

- ✦ After scrambling to get the kids fed and off to school, dodging traffic and combating road rage, and gulping down coffee in lieu of a healthy breakfast, many people arrive to work already stressed. This makes them more reactive to stress in the workplace.
- ✦ You might be surprised by how affected by workplace stress you are when you have a stressful morning. When you start off the day with planning, good nutrition, and a positive attitude, you might find that the stress of your job rolls off your back more easily.

Physical Self-Care Strategy #12:

“EVERY LITTLE BIT COUNTS”

- ✦ Go for a brisk walk.



Something to Think About

“Cooperation is the thorough conviction that nobody can get there unless everybody gets there.”
~ Virginia Burden



A Jokey Joke

I don’t mind coming to work,
it’s the eight-hour wait to go home
I can’t stand.

Distractify.com



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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