

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 coping!

*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 #10:

“ESTABLISH BOUNDARIES”

- ✦ It’s easy to feel pressure to be available 24 hours a day. Establish work-life boundaries for yourself. That might mean making a rule not to check emails in the evening, or not answering the phone during dinner.
- ✦ Although people have different preferences when it comes to how much they blend their work and home life, creating some clear boundaries between these realms can reduce the potential for work-life conflict and the stress that goes with it.

American Psychological Association (apa.org)

Physical Self-Care Strategy #10:

“EVERY LITTLE BIT COUNTS”

- ✦ Eat a healthy nutritious breakfast.



Something to Think About

A Jokey Joke

Boss: Do you believe in life after death.

Employee: No, because there is no proof of it.

Boss: Well there is now! After you left yesterday saying that you had to go to your grandma’s funeral, she called the office looking for you.



Distractify.com

Mental Health Check

“Tough times don’t last.
Tough teams do.”
~ Robert Schuller



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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