

# 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 rebounding!

*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

#### A Little Inspiration

Occupational Self-Care Strategy #14: Verywellmind.com

#### “WALK AT LUNCH”

- ✦ Many people feel the ill effects of leading a sedentary lifestyle. You can combat the physical and mental effects of work stress by getting some exercise on your lunch break.
- ✦ If your schedule allows for it, you might try taking short exercise breaks throughout the day. This can help you blow off steam, lift your mood, and get into better shape.

Physical Self-Care Strategy #14:

#### “EVERY LITTLE BIT COUNTS”

- ✦ Ride a bike.



#### Teamwork

#### Mental Health Check

“It is amazing what you can accomplish if you do not care who gets the credit.”

~ Harry Truman



If needed, seek professional help:

- ➔ Dr. Nadia Bethley, Clinical Psychologist @ Delta Health Center



#### HAMMER & NAIL

A Joyful 'toon by Mike Waters



Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance.

— JAMES 1:2-3 NIV

www.joyfultoons.com © 2009 Michael D. Waters



**WE ARE THINKING ABOUT YOU! WE ARE HERE TO SUPPORT YOU!**  
**WE ARE IN THIS TOGETHER!**

Elnora F. Littleton, Executive Director • Karyn S. Christian, Ph. D., Behavioral Specialist  
810 E. Sunflower Rd. Suite 120, Cleveland, MS 38732 • (662) 846-1491

February 5, 2021