

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 durability!

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.

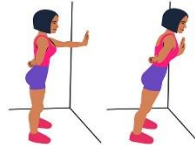
Self-Care

A Little Inspiration

Occupational Self-Care Strategy #18: Verywellmind.com

“GET SUPPORT”

- ✦ Be sure you have support in your life. See if you can organize a supportive network of co-workers to commiserate and congratulate each other on the trials and triumphs of the job. Or create a group among your friends outside of work. These groups can work wonders for your mood!
- ✦ If you feel overwhelmed and unable to cope, talk to a professional – you don’t have to handle an overwhelming situation alone.



Physical Self-Care Strategy #18:

“EVERY LITTLE BIT COUNTS”

- ✦ Do some desk and/or wall push-ups.

Teamwork

Mental Health Check

“The nicest thing about teamwork is that you always have others on your side.”

~ Margaret Carty



If needed, seek professional help:

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



CONCENTRATION

A Joyful 'toon by Mike Waters



You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

- ISAIAH 26:3 NIV



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

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