



Congratulations to **Nettie Nailer** (Shaw Center Director) – RIVHSA 2021 Administrator of the Year!

# 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 supple!

*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


### A Little Inspiration

Occupational Self-Care Strategy #22: Verywellmind.com  
**“DOWNSIZING ACTIVITIES”**

- ✦ Many of us are busier than we’d like to be, and, even when we’re busy with exciting activities, if we stay too busy for too long, it can become too stressful. If you have an already-busy schedule and there’s an emergency or unexpected additional demand that comes up, things can become overwhelming quickly.
- ✦ If you live your life on the verge of being overwhelmed, it’s probably time to cut some activities out of your schedule to make room for quiet moments, spontaneity, and stress relief.

Physical Self-Care Strategy #22:  
**“EVERY LITTLE BIT COUNTS”**


- ✦ Clasp hands behind the lower back. Push chest outward, and raise chin.



### Teamwork


### Mental Health Check

“A successful team is a group of many hands and one mind.”  
 ~ Bill Bethel




If needed, seek professional help:

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



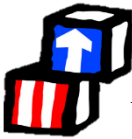
**OIL OF JOY** A Joyful 'toon by Mike Waters



and provide for those who grieve in Zion – to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair.

– ISAIAH 61:3 NIV

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

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