

# 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 elasticity!

*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 #24: Verywellmind.com

#### “DRAW ON SOCIAL SUPPORT”

- ✦ It’s also helpful to have the release and support of sharing your troubles with close friends, family, or loved ones. While it’s not healthy to constantly complain, talking to a trusted friend about your frustrations now and then (and returning the favor by being a good listener) can help you process what’s going on and enable you to brainstorm solutions.
- ✦ If you don’t have someone you’re comfortable sharing your situation with, seeing a therapist or starting a regular journaling practice have benefits as well.

Physical Self-Care Strategy #24:

#### “EVERY LITTLE BIT COUNTS”

- ✦ Do some wall sits.



#### Teamwork

#### Mental Health Check

“Teamwork is the secret that makes common people achieve uncommon results.”



~ Ifeanyi Enoch Onuoha

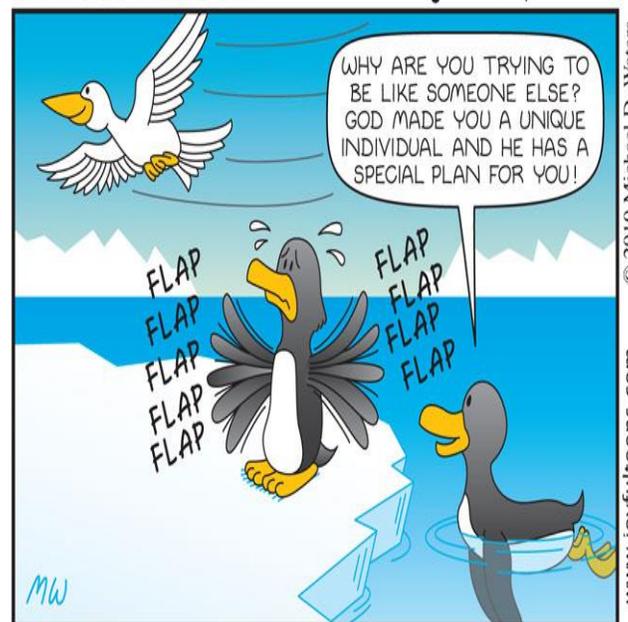
If needed, seek professional help:

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



#### ENVIOUS PENGUIN

A Joyful 'toon by Mike Waters



A heart at peace gives life to the body,  
but envy rots the bones.

— PROVERBS 14:30 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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April 30, 2021