



CONNECT WITH EASE

Employee Assistance Service for Education

MESSAGE FROM EASE

Welcoming the new year is a time that is usually viewed as an opportunity for growth, a fresh start, and self-reflection. Many of us were eager to say good riddance to 2021 and excited to welcome a brand new 2022. Little did we know we would be in the midst of another covid related surge and begin the year with increasing amounts of stress, anxiousness, or illness, as we work on returning to our schools/sites and taking care of our families and loved ones.

Taking the time to reflect on the previous year can be something that is avoided for many, especially for those that experienced a difficult year. Although, developing a practice around this can actually help us because reflecting on our past informs our present. Moving forward, growing, includes a reflection of where we've been. Even when reflecting on our past can trigger some sadness or discomfort, it is still important to be with those emotions because they are real, valid, and ours. They are a part of our story. They are our wounds... and the only way to heal our wounds is by taking care of them. Taking time for self-reflection about life leads to greater self-awareness, which in turn leads to self-improvement. Self-reflection is one of the best ways that you can shift your mindset and increase mindfulness and positivity in your life. It offers us the opportunity to challenge our ways of thinking. When you spend time to reflect on a situation, you can respond more thoughtfully and with intention. Self-reflection allows you to understand and see things from a different points of view. When you take a step back from a situation, you gain a new understanding.

One important reflection that we have learned, especially over the last 2 years, is the importance of taking care of our physical and mental health. Literally, we have been reminded that our health is the most important part of our existence. We cannot be the best version of ourselves, if we are not feeling well physically or emotionally. This new year, we hope you can spend some time in self-reflection and bathe yourself in self-compassion and well-being. Focus on a resolution that is realistic, simple, easy to achieve, and sustainable over the long-term. With this, on behalf of EASE, we wish you all a healthy 2022!

Monthly Article

A Time For Reflection

Managing Our Mental Health During Crisis

EASE CAN HELP DURING DIFFICULT TIMES

CONNECT WITH EASE:

(800) 882-1341

Free confidential professional help for district employees:

- Family troubles
- Emotional distress
- Job stress
- Anxiety. Substance use
- Grief and Loss
- Life transition issues

Professional counselors are ready to help.

Call the EASE Hotline for 24/7 assistance.

A TIME FOR REFLECTION

By: EASE STAFF

Welcome to the new year. Let us look back at the past two years and all that we have overcome during these uncertain times. While we still face much uncertainty in this ongoing pandemic, we can look back at how resilient we have been in moving forward and continuing to do the best we can.

With every new year comes a fresh start, the opportunity to make resolutions and goals that we hope to achieve. Research shows that making resolutions can increase your chances of success. Making resolutions is great to set our intentions for personal growth, however we may also be feeling at a loss of energy to take on anything new. It could be difficult to begin working on a new goal, especially if you are feeling exhausted from trying to cope with the ever changing demands and limitations of the pandemic. It may be best to wait until you feel better before rushing into setting any new goals.

Take a moment to have compassion for yourself and try these simple ways to nourish your physical and mental health. Our hope is that you continue to focus on self-care and your emotional well-being for 2022.

When faced with challenging times it's important to go back to the basics for your overall well-being. Lean into your needs to stay balanced and avoid burnout:

- Get enough sleep- rest is vital to feeling refreshed
- Say NO if needed!- prioritize your time and set boundaries
- Exercise regularly- getting the body moving can reduce feelings of fatigue, stress and anxiety
- Stay hydrated- drink enough water throughout the day
- Eat well balanced meals- include fruits and vegetables
- Reduce the amount of sugar, caffeine, & alcohol you consume
- Create a daily routine that includes self-care
- Meditate daily- [click here for a meditation](#)
- Get outside- enjoy nature and take deep breaths
- Take regular breaks
- Be kind to yourself
- Get support from a friend
- Get help from a professional
- Contact EASE if you need additional confidential support

<https://www.psychologytoday.com/us/blog/still-mind/202201/rethinking-resolutions-when-you-re-running-empty>



MANAGING YOUR MENTAL HEALTH DURING A CRISIS

The pandemic has created so many changes in different aspects of our life, it is important to be self aware of when you are in need of support. While the world around us may feel like we are in a state of crisis there are many things that are within our control. Getting support is one of them. Below is a short list of helpful articles, information and resources to assist you and your family.

Resources to Support You & Family

Click on the links below for information and support:

Meditation app [Headspace](#) - free for educators

[Coronavirus Mental Health Toolkit](#)- using the tips in this toolkit may help bring relief for stress you may be feeling.

[Coping with COVID-19 Activity Book for children](#)- From the CDC

[Coping with Stress](#)- CDC

[Back to School After COVID-19: Supporting Student and Staff Mental Health Toolkit](#) - Mental Health Technology Center Network

[Coping with Grief](#)

[Mental Health Survey COVID-19 is Burning Americans Out](#)- CVS Health

[Seven Ways to Take Care of your Mental Health](#)- Lakewood Regional Medical Center

TALK TO US

EASE has counselors if you want to talk.