



# CUSD C.A.R.E.S.

## Staff Wellness Page



### WHAT IS SELF-CARE? WHY USE IT?

- Taking care of yourself so you can be well mentally and physically
- Maintaining a healthy relationship with yourself
- Helps support positive relationships
- Reduces stress and increases productivity
- Improves concentration and happiness
- Self-care is not self-indulgence (i.e. instant gratification or acting on impulse)

### EAP: COMPSYCH

The New EAP provides:

- confidential emotional support
- 6 free counseling sessions
- work-life solutions
- legal guidance
- financial resources and more

Call: 833-955-3386

24/7 Support & Resources

[guidanceresources.com](http://guidanceresources.com)

Web ID: KAIROSEAP

### Self-Care



Treat yourself when you need it



Remember to start fresh every day



### Compassion

#### Fatigue

- Detached
- Avoidance
- Sadness/Grief
- Change in Expectations
- Withdrawal
- Cynicism
- Fatigue
- Exhaustion

#### Negative Reactions

- Anger

### Burn Out



Connect with uplifting colleagues



Do physical activities you enjoy



Take a break when you need one



Use positive self-talk



Go for a walk or spend time outside



Read a good book (just for you)



Plan an activity to look forward to



Spend time with friends and family



Leave work at school for the night or weekend



Spend less time on social media



Bring healthy snacks and meals



Be comfortable saying "no" to more obligations

### FEELING OVERWHELMED?

- Take a deep breath
- Stay connected to positive supports
- Get a good night of sleep
- Go outside
- Give yourself permission to take a break
- Celebrate everyday wins
- Stay hydrated and active
- Do something you enjoy - work-life balance is key

### HELPFUL CONTACTS

Maricopa Crisis Line

602-222-9444

Crisis Text Line

741741

Suicide Prevention Life Line

800-273-8255

Substance Abuse and Mental Health Services

800-662-4357

Safe Domestic Violence Services - Maricopa

480-890-3039

National Domestic Violence Hotline

800-799-7233 or Text LOVEIS to 22522

General Resource Line - 2-1-1

