

Bulldog Health News

Artesia Public Schools

#NewYearNewYOU

August 2022

Welcome Back to a New School Year!



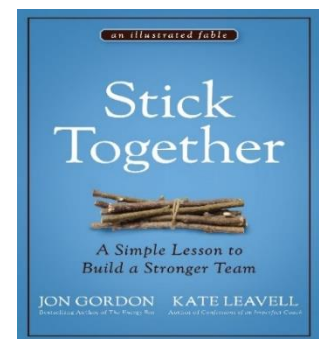
Practice Self-Care! Because teaching is such an intensive job, educators can greatly benefit from learning about and practicing self-care. Focus on taking care of your health so that you're prepared to be the best teacher you can be for yourself and for your students. Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and more. It's imperative that we take time out every day for ourselves, even if minimally. Consider the national Substance Abuse and Mental Health Services Administration's (SAMHSA) 8 dimensions of wellness. **Emotional** – Talk to someone, reflect, journal, read, do something artistic, listen to

music, work out, take a walk, watch something that suits the mood (or does the opposite and changes it), cry it out, hug someone, laugh, take a nap. **Environmental** – Take a walk somewhere nice, breathe in fresh air, enjoy the sun, enjoy the night sky, recycle, clean your house, redesign a room. **Financial** – Develop a practical financial plan, open a savings account, invest, cut back on unnecessary purchases, consider where you can cut corners, avoid credit cards. **Intellectual** – Read, listen to audiobooks, watch documentaries, complete puzzles, be mindful of the world around you, try something new, tap into your creative/artistic side, take a class. **Occupational** – learn a new skill, seek professional
Continued on Page 2

The Power of a TEAM!

Stick Together. Any team can be a group of sticks. But team members need each other to be strong. Only a team who believes, loves, includes everyone, is consistent, takes ownership, connects, and has hope all bundled together can come out on top and reach their true potential. We can never forget that. That's what team means; it's a group that sticks together through adversity to pursue a shared vision and purpose and seeks to accomplish something great together. We can't be whole until we are bound together. Mr. Phipps spoke about the power of connections,

supporting, and loving each other this school year. He reiterated the message "I can't, you can't, but together *WE CAN!*" I'm excited to announce that every staff member will receive the book by Jon Gordon and Kate Leavell titled "Stick Together." The authors guide individuals and teams on an inspiring journey of how to persevere through challenges, overcome obstacles, build trust, and create success together. We look forward to seeing how each school will use the six concepts presented in the book to build a stronger team, make connections, and ultimately impact the lives of our staff and students in a profound way.





Bulldog Wellness Center

Providing Mental Health Services. APS employees and students can contact Permian Basin Counseling & Guidance (PBCG) to receive services at the Bulldog Wellness Center.

Examples of services offered:

- Individual Therapy
- Family Therapy
- Children's Play Therapy
- Grief & Loss Counseling
- Therapy for Substance Use Issues
- Depression & Anxiety
- Cognitive Behavior Therapy
- PTSD & Trauma

Permian Basin Counseling & Guidance can be reached in the following ways:

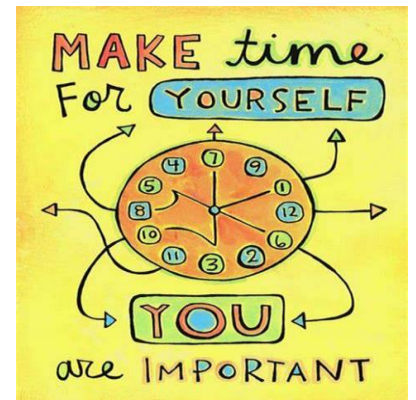
Phone: 575-249-2561

Website: permianbasincounseling.org

Email: info@pbcg.org

Practice Self-Care! continued. development, polish your resume, apply for your dream job, start your own business. **Physical** - Work out, take a walk, eat healthy, get your annual checkup, take medications as prescribed, avoid drugs and alcohol, get 7-9 hours of sleep, see the physician when you do not feel well. **Social** - Keep in contact with old friends, volunteer, participate in activities that bring you joy, engage in healthy social media usage, exude positivity. **Spiritual** – establish a routine to include 10-15 minutes of quiet time, reflect, do right by others, be mindful, love one another, help those in need.

Self-care is an important activity to do every day. Doing so will lead toward a better balance among your dimensions of wellness and lead toward improved overall health and wellness. Life is precious, and it is meant to be enjoyed.



988 Is the New National Mental Health Hotline

- 24-hour hotline where people can quickly reach a trained counselor by calling or texting or Live chat at 988lifeline.org
- Anyone can call the number if they have suicidal thoughts, or they can dial on behalf of a loved one whom they think is struggling.
- 988 is meant to serve people who have a mental health crisis of any kind, not limited to those who have suicidal ideations.