



WELLNESS MATTERS

MENTAL HEALTH NEWSLETTER FROM TEXAS CITY ISD



THIS MONTH'S FOCUS

**Self-Care
EAP
Featured Anxiety
Apps**

POURING FROM A FULL CUP

**By Tamara Jones, LPC-Intern
Supervised by LaShasta Bell, LPC-S**



This is a new season for all of us as we each adapt to a sudden change in the way we continue to maintain our professional roles of serving our students in different capacities. We understand this may be a challenging season for everyone who looks forward to seeing our students and colleagues everyday. Because of the abruptness of this change, none of us had an opportunity to prepare for this level of extended social distancing that requires us to be physically separated from one another during a period of uncertainty for us all.

We understand that you need to be the best version of yourself in order to continue to serve the needs of others. It is important that you take time to pay attention to your personal well-being and take care of your needs.

Therefore, we encourage you to do what feels good to your soul and enables you to be better spiritually, mentally, physically, and emotionally.

It is impossible to serve from an empty cup, so get your refills by doing the things that bring you joy and peace of mind. There is no one method of self-care, but as long as it has a positive effect on your well-being, you are headed in the right direction. If you truly care about others, you understand the principle of caring for yourself first.



INTERFACE EAP

During this global pandemic, EAP is providing improved access to counseling in today's environment. through telehealth video sessions known as E-Counseling. Now you can have peace of mind knowing you don't have to leave the safety of your home to receive the help you may need right now. You can request this free and confidential service, that is available 24/7, through two options:

Phone: 800-324-4327 Espanol: 800-324-2490

Member Website: www.4eap.com



Helpful Apps to Deal with Anxiety



HEADSPACE*

"Targeted meditations led by a former monk on sleep, happiness, productivity, mindful use of technology, and dozens of other topics, Headspace can help bring balance and peace across all aspects of daily life."



"Sleep, meditation, and relaxation are in your hands with Calm, another popular mindfulness app."



"Colorfy is an adult coloring book brought into the digital realm. With a selection of images and mandalas to choose from, or the option to upload your own sketches to color, you can spend hours in a flow state or focused meditation through this app."

APPS SOURCE: [HTTPS://WWW.HEALTHLINE.COM/HEALTH/ANXIETY/TOP-IPHONE-ANDROID-APPS](https://www.healthline.com/health/anxiety/top-iphone-android-apps)

