

# Wellness Wednesday

MAY 11, 2022



Being able to access resources is vital. This week for Wellness Wednesday, we will explore a variety of resources that are out there to support your mental health needs.

## BENEFITS OF RESOURCES

Resources consist of people, places, activities, and things that can assist in accomplishing a set goal. Resources allow us to receive the help that we may need.

For example, when you're uncertain of how to complete a task at work, you may reach out to the expert in that area on your campus. That person has just become a resource to you.



Seeking out mental health services is a way to find and then utilize resources in your community.

Depending on the intensity of your struggles, you may benefit from outpatient therapy services, intensive outpatient services, medication management, or even an acute hospital stay

It is okay to not be okay and use your community agencies to seek the healing you need and deserve!



# COMMUNITY AGENCIES

Northshore Counseling  
Center

(713)-637-600

Clearhope Counseling  
Center

(281) -769-2238

Ben Taub General Hospital

(713) -793-2000

Coalition of Behavioral Health  
Services

(281)- 630-8665

# PALM OF YOUR HAND



CALMSLEEP SOUNDS



CBT THOUGHT DIARY



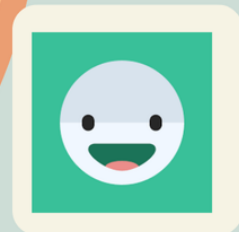
CALM



BALANCE:  
MEDITATION AND SLEEP



HEADSPACE



DAYLIO JOURNAL

Mental health support in the palm of your hand? There are many apps that can be downloaded from your mobile device to support relaxation, self-care, coping skills, and more.





<https://www.therapistaid.com/worksheets/strengths-spotting-exercise.pdf>

<https://www.therapistaid.com/worksheets/four-horsemen.pdf>

<https://www.therapistaid.com/worksheets/what-is-perfectionism.pdf>

Awareness is important. Once we are aware of our unhealthy habits or behaviors we can make changes.



As we navigate the world that can be challenging, it is important to have a supportive network of friends and family. Connection helps us to feel secure, safe, and validated. This then can help to lift our moods and help with our resilience to face challenges.

Who in your life provides you with support, love, or compassion?



# MAY

**Mental Health Awareness Month**

Take some time to unwind and focus on being the best you.

SUN	MON	TUE	WED	THU	FRI	SAT
	Call a friend.	Take a 15 min walk.	<u>Compliment someone</u>	Hug a loved one.	Take a warm bath.	
	Meditate.	Thank a coworker.	Lend a hand.	10 min stretch	Mani/ pedi?	
	Get 8 hrs of sleep	Go for a jog.	Read a book.	Talk to someone new.	Lunch with a friend.	
	Eat a healthy dinner.	Try yoga.	Let someone know you care.	Volunteer.	Be kind to yourself.	
	Spend time with family.	Recite positive affirmation.	do it for you			



On behalf of the Student Support and Social Services Departments, it has been a pleasure to provide the Galena Park family with weekly Wellness Wednesday information for the last two school years.

At this time, we will be charging our Galena Park family to access the archived Wellness Wednesday presentations to learn more, beginning June 1, 2022.

It has been an honor to serve you all in this way.

Remember, you can always Chat with a PRO!

# WELLNESS WEDNESDAY ARCHIVES

## EMPLOYEE ASSISTANCE PROGRAM

### Galena Park ISD Employee Assistance Program

# EMPLOYEE ASSISTANCE PROGRAM (EAP)



**ComPsych® GuidanceResources®**  
Contact Us... Anytime, Anywhere

**Curby Rogers-Mitchell, LPC**  
Licensed Professional Counselor and Support Specialist  
curby@guidanceresources.com  
833-386-7325

**Hollie L. Sherrard**  
Licensed Professional Counselor  
hollie@guidanceresources.com  
833-386-7325

**CONFIDENTIAL Emotional Support**  
Our highly trained advisors will listen to your concerns and help you or your family members with life issues including:  
• Family, relationship issues  
• Grief, loss and life adjustments  
• Relationship/marital conflicts

**Work/Life Solutions**  
Our specialists provide practical resources and resources for:  
• Work/life balance  
• Job stress and job satisfaction  
• Planning events, holiday and care  
• Planning events, holiday and care

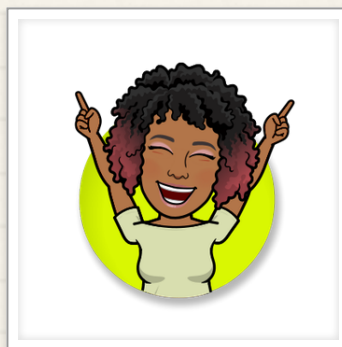
**Legal Guidance**  
Talk to our advisors for practical assistance with your most pressing legal issues including:  
• Personal, business, family law, wills, trusts and more  
• Social Security/Medicare/Disability/Retirement/Long-term care  
• Estate planning and more

**Financial Resources**  
Our financial experts can assist with a wide range of issues:  
• Talk to our advisors  
• Retirement planning issues  
• Retirement, mortgage, insurance  
• Budgeting, credit, investments and more

**Online Support**  
GuidanceResources Online is your 24/7 link to vital resources, tools and support. Log in for:  
• Articles, podcasts, videos, webinars  
• On-demand coaching  
• "Ask the Expert" personal responses to your questions

**24/7 Support, Resources & Information**

Contact Your GuidanceResources® Provider



**ComPsych® GuidanceResources®**  
Comuníquese con nosotros

**Curby Rogers-Mitchell, LPC**  
Licenciado en Consejería Profesional y Especialista en Apoyo  
curby@guidanceresources.com  
833-386-7325

**Hollie L. Sherrard**  
Licenciada en Consejería Profesional  
hollie@guidanceresources.com  
833-386-7325

**Apoyo emocional confidencial**  
Nuestros asesores capacitados escuchan y ayudan a los empleados a resolver problemas personales y laborales, como:  
• Problemas de salud mental  
• Estrés, ansiedad y depresión en el trabajo  
• Conflictos familiares o sociales

**Informaciones para el trabajo y la vida personal**  
Nuestros asesores capacitados ofrecen recursos, información y apoyo para ayudar a los empleados a:  
• Mantener el equilibrio entre el trabajo y la vida personal  
• Planificar eventos, vacaciones y más

**Asesoramiento legal**  
Nuestro equipo de asesores puede ayudar a los empleados a resolver sus problemas legales más urgentes, como por ejemplo:  
• Problemas de propiedad, familia, leyes, testamentos, planes de jubilación, seguros, etc.  
• Asesoramiento sobre el seguro de salud y otros beneficios de la empresa

**Recursos financieros**  
Nuestro equipo de asesores puede ayudar a los empleados a resolver sus problemas financieros más urgentes, como por ejemplo:  
• Planificación de jubilación, seguros  
• Retiro, inversión, seguros, etc.

**Apoyo en línea**  
GuidanceResources Online es su enlace con información vital, herramientas y recursos para resolver sus problemas personales y laborales.  
• Artículos, podcasts, videos, webinars  
• Respuestas personalizadas de "Preguntas y respuestas"

**El programa de ComPsych®**  
GuidanceResources® ofrece una plataforma con quién hablar y recursos para consultar en el lugar y en el momento que los necesite.

**La línea gratuita de asistencia**  
Llámanos al: 800-272-7225  
TTY: 800-688-0223

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**Apoyo, recursos e información durante las 24 horas, los 7 días de la semana**

Comuníquese con su proveedor GuidanceResources® de ComPsych®  
Llámanos al: 800-272-7225

EAP ENGLISH FLYER

CHECK THESE OUT!

EAP SPANISH FLYER





CLICK TO SUBMIT



## Chat with a PRO



### KAREN HAYNES, PH.D., LPC-S

Licensed PROfessional Counselor-Supervisor  
Director for Mental Health and Social Services

✉ [khaynes@galenaparkisd.com](mailto:khaynes@galenaparkisd.com)

☎ (832) 386-1280



### CURBY ROGERS-MITCHELL, LPC

Licensed PROfessional Counselor  
Licensed Mental Health and Support Specialist

✉ [ccrogers@galenaparkisd.com](mailto:ccrogers@galenaparkisd.com)

☎ (832) 386-1319



