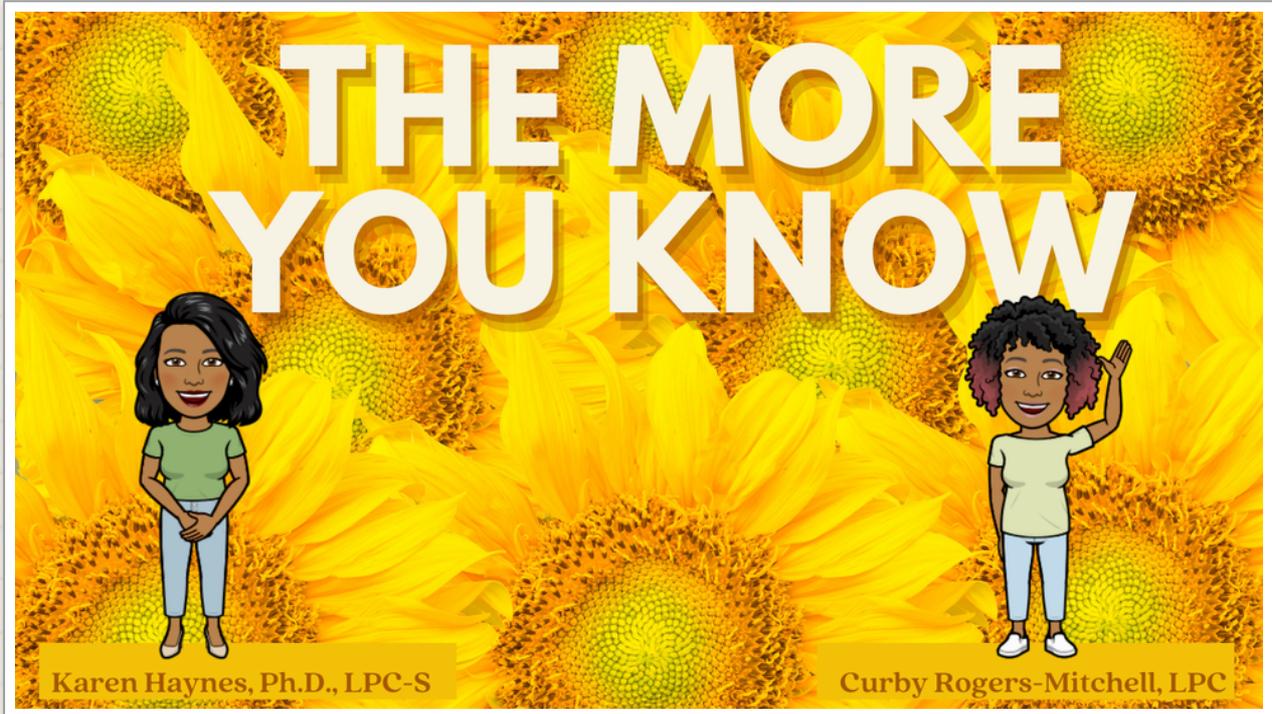


Wellness Wednesday

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



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

Curby Rogers Mitchell, LPC
Licensed Family Health and Support Specialist
10000 Galena Park Blvd., Suite 100
Galena Park, TX 77558
832.386.5103

Holly L. Sherrard
Licensed Family Health and Support Specialist
10000 Galena Park Blvd., Suite 100
Galena Park, TX 77558
832.386.5103

COMPSPYCH

Your ComPsych® GuidanceResources® program offers solutions to help to help you overcome your challenges and whatever you need them.

Call: 800.272.7255
Toll Free: 800.669.0033

Online: guidanceresources.com
App: GuidanceResources™ (iOS and Android)

24/7 Support, Resources & Information

Contact Your GuidanceResources® Program

- Confidential Emotional Support**
Our highly trained professionals listen to your concerns and help you find solutions to your problems. We offer support for:
- Stress, depression, anxiety
- Grief, loss and life adjustments
- Relationship and marital conflicts
- Work/Life Solutions**
Our specialists provide qualified referrals and resources for:
- Job stress, burnout or need for job change
- Finding child and elder care
- Finding schools for your child
- Finding services for your loved ones
- Planning events, holidays and fun
- Legal Guidance**
Ask for an attorney for practical assistance with your most pressing legal issues including:
- Family, divorce, custody, wills, trusts and more
- Worker's compensation
- Civil and criminal law
- Elder law and estate planning
- Financial Resources**
Our financial experts can assist with a wide range of issues:
- Ask for an advisor
- Retirement planning issues
- Insurance, mortgages, investments
- Budgeting, debt, bankruptcy assistance
- Online Support**
GuidanceResources Online is your 24/7 link to our resources, tools and experts. Available for:
- Anxiety, depression, stress, substance use and more
- Ask the Expert™ personal responses to your questions



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Licensed Family Health and Support Specialist
10000 Galena Park Blvd., Suite 100
Galena Park, TX 77558
832.386.5103

Holly L. Sherrard
Licensed Family Health and Support Specialist
10000 Galena Park Blvd., Suite 100
Galena Park, TX 77558
832.386.5103

COMPSPYCH

ComPsych® GuidanceResources® ofrece una plataforma con la que hablar y recibir apoyo cuando lo necesites.

Ullamco at: 800.272.7255
Toll Free: 800.669.0033

La más grande y confiable red de recursos de salud mental en línea. Disponible 24/7 en español y en inglés. Incluye herramientas de apoyo personalizadas y recursos de expertos en salud mental. Disponible en español e inglés. Incluye herramientas de apoyo personalizadas y recursos de expertos en salud mental.

En línea, GuidanceResources.com o la App: GuidanceResources™

Una solución 24/7 para ayudarte a superar tus problemas y encontrar recursos de apoyo personalizados y recursos de expertos en salud mental. Disponible en español e inglés. Incluye herramientas de apoyo personalizadas y recursos de expertos en salud mental.

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

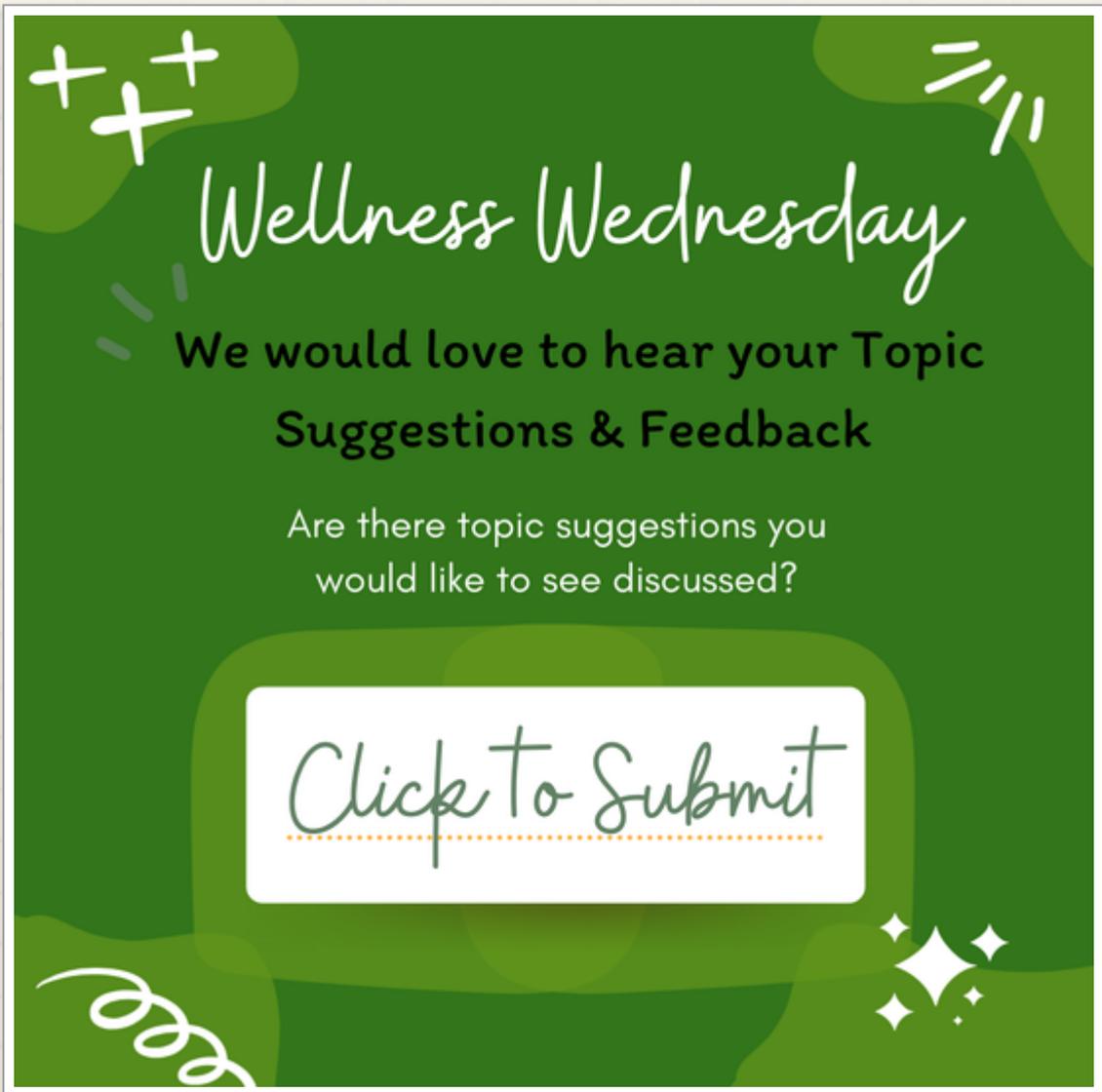
Contacta con tu programa GuidanceResources de ComPsych
Llámanos al: 800.272.7255

- Apoyo emocional confidencial**
Nuestro equipo de profesionales te ayudará a superar tus problemas y a encontrar recursos de apoyo personalizados y recursos de expertos en salud mental. Disponible en español e inglés. Incluye herramientas de apoyo personalizadas y recursos de expertos en salud mental.
- Soluciones para el trabajo y la vida personal**
Nuestro equipo de profesionales te ayudará a superar tus problemas y a encontrar recursos de apoyo personalizados y recursos de expertos en salud mental. Disponible en español e inglés. Incluye herramientas de apoyo personalizadas y recursos de expertos en salud mental.
- Asesoramiento legal**
Nuestro equipo de profesionales te ayudará a superar tus problemas y a encontrar recursos de apoyo personalizados y recursos de expertos en salud mental. Disponible en español e inglés. Incluye herramientas de apoyo personalizadas y recursos de expertos en salud mental.
- Recursos financieros**
Nuestro equipo de profesionales te ayudará a superar tus problemas y a encontrar recursos de apoyo personalizados y recursos de expertos en salud mental. Disponible en español e inglés. Incluye herramientas de apoyo personalizadas y recursos de expertos en salud mental.
- Apoyo en línea**
GuidanceResources Online es tu enlace con información, herramientas y recursos de apoyo personalizados y recursos de expertos en salud mental. Disponible en español e inglés. Incluye herramientas de apoyo personalizadas y recursos de expertos en salud mental.

EAP ENGLISH FLYER

CHECK THESE OUT!

EAP SPANISH FLYER



Wellness Wednesday

We would love to hear your Topic Suggestions & Feedback

Are there topic suggestions you would like to see discussed?

[Click to Submit](#)

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

☎ (832)386-1280



CURBY ROGERS-MITCHELL, LPC

Licensed PROfessional Counselor
Licensed Mental Health and Support Specialist

✉ ccrogers@galenaparkisd.com

☎ (832)386-1319

