

MENTAL HEALTH NEWSLETTER

Rest, Reflect, Restore



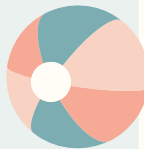
End of the Year

June 2025

Restorative Health: Finishing Strong, Healing Forward

Educators and school staff reach emotional exhaustion when the school year ends after dedicating all their energy to assisting students, their families, and their colleagues. Combining end-of-year demands with classroom closure and reflective activities creates an overwhelming experience. This period allows for both restful recovery and personal restoration.

Restorative Health



Restorative health requires more than physical rest since it **intentionally** restores mental, emotional, and spiritual balance. A study by the American Psychological Association (APA) published in 2023 reveals that **chronic stress** in educators leads to **heightened burnout, lower job satisfaction, and increased absenteeism**. Daily restoration activities like **mindful breathing**, nature walks, and post-work hour technology breaks help **lower stress levels** while enhancing general well-being.

Self-Grace: You Were Enough, Even on the Hard Days

The **work you do matters**. And it is enough. Educators and support staff maintain **emotional responsibilities** that **remain hidden from most people**. **Self-grace** means **recognizing your flaws without shame and allowing yourself to rest and recharge**. According to Dr. Kristin Neff's research, regular **self-compassion practice** leads to **increased resilience, optimism, and better mental health** (Neff, 2022).

Remind yourself:

- I did everything I could with my available resources.
- "It's okay to be tired. I showed up."
- "Rest is part of the work."

Don't carry it alone. Scotland County Schools provides confidential, **free mental health support** through our Employee Assistance Program (EAP).

Services include:

- Short-term counseling
- Legal and financial consultations
- Wellness coaching

Crisis support

EAP Contact: 1-800-633-3353

Website: www.mygroup.com

Access Code: ScotlandSchools