



Employee Wellness

May Newsletter

Benefits Spotlight

Integral Care

Take charge of your mental well-being. Our Bridge Care program provides services to DVISD staff members, parents, or adult family members of enrolled students. You are eligible for free, virtual therapy. No insurance needed.


Our Services

- **Therapy and Counseling:** Our team offers confidential counseling and therapy tailored to your needs.
- **Virtual Sessions:** Access therapy sessions online from the comfort of your own home.
- **Referral Services:** If additional specialized care is needed, we can refer you to other trusted mental health professionals.

Get in Touch

Your mental health matters. Don't hesitate to reach out and seek the support you deserve. Together we can overcome challenges, build resilience, and foster positive mental well-being. Contact us today to learn more about our services and how we can support your mental health journey.

 [IntegralCare.org](https://www.integralcare.org)

 512-431-3197

 Kelsey.Johnson@IntegralCare.org



MENTAL HEALTH TIPS

Mental and Emotional Well-being

- **Practice Mindfulness:** Use techniques such as meditation and deep breathing to focus on the present moment to lower stress.
- **Reframe Thoughts:** Challenge negative self-talk and focus on positive perspectives.
- **Practice Gratitude:** Daily acknowledgment of things you are thankful for can increase happiness and resilience.
- **Connect with Others:** Nurture relationships with family and friends to reduce loneliness.
- **Help Others:** Volunteer or perform small acts of kindness, which can foster a sense of purpose.
- **Find Meaning:** Engage in activities that bring you joy and a sense of accomplishment.

HEALTHY RECIPE

Open the link below to discover a healthy and flavorful Swiss, mushroom and broccoli frittata with dill for a nutritious meal.

<https://www.teladochealth.com/library/healthy-eating>



May Mental Health Challenge

The Mental Challenge kicks off May 6th and runs through May 15th! You can submit one entry each day you practice self-care. The winner will receive 6 free adjustments at The Joint. Ways to promote your mental health include meditation, exercise, sleep, journaling, and spending time with family and friends.

<https://forms.gle/z5GbdFBg2ejiUgXSA>



CHALLENGE WINNER

Margarita Balderas a T.A. from Gilbert ES is the April Wellness Challenge winner. She received a 1-month membership at Body Fit Training.

