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Back to School Wellness

For teammates that are parents, we know back to school can be a time of change. However, this change can come in many forms and sometimes influence your overall wellbeing, whether that's a change in routine or additional stress, below are some tips to maintain a healthy wellbeing. It is also recommended to explore different back to school resources on the internet that can be very beneficial for all parents.

Maintaining a Healthy Routine

A consistent routine can help you feel more in control and energized during this busy season. Focus on sleep, nutrition, and hydration to support your overall well-being.

- Set a consistent sleep routine adjusted to your new schedule.
- Plan your meals – prepped meals can eliminate last-minute stress.
- Limit screen time – Especially before bed, winding down with a book or a calming activity can greatly affect your wellbeing.

Manage Stress Effectively

The back-to-school season can bring added responsibilities and pressure, both at work and at home. Managing stress starts with staying organized—use tools like planners or digital calendars to keep track of tasks and deadlines. Don't forget to take short breaks throughout the day to reset your mind. Practicing mindfulness, whether through meditation, deep breathing, or journaling, can help you stay grounded. And remember, you're not alone — talking to a friend, coworker, or professional can provide valuable support

- **Prioritize your tasks** – using a planner or digital calendar helps you stay organized.
- **Take short breaks** – Step outside, stretch, or do a breathing exercise.
- **Practice mindfulness** – Try meditation apps or journaling to clear your mind.
- **Reach out** – Don't hesitate to talk to a friend, coworker, or counselor.

Staying Active

Physical activity is a powerful tool for boosting mood, energy, and focus. Even if your schedule is packed, look for simple ways to move more—take the stairs, walk during phone calls, or do a quick stretch between meetings. Joining a fitness class or group can add accountability and fun to your routine. Movement doesn't have to be intense to be effective—what matters most is consistency and enjoyment.

- **Incorporate movement into your day** – Take the stairs, walk during calls, or do a quick workout.
- **Join a class or group** – Yoga, dance, or walking groups can keep you motivated.
- **Stretch regularly** – Especially if you're sitting for long periods.
- **Make it fun** – Play with your kids, dance to music, or explore a new trail.

During these times of change, your employer-offered EAP through ComPsych can help you navigate and improve your wellbeing. Call ComPsych's 24/7 live assistance at **844.257.6078**.