

LEARN TO LIVE BULLETIN

Your guide in wellness & mental health

Managing Back to School Stress for Parents

Parents can experience a great deal of stress during the back-to-school period. If you're a parent, you probably worry about getting things accomplished like buying school supplies, new clothes, signing up for activities, and the overall organization that comes with family scheduling. Parting with kids at the beginning of the school year can also evoke a multitude of emotions from excitement to sadness.

Ensuring self-care as a parent is crucial in reducing stress for everyone during the back-to-school period. Here are a few tips to help parents during this time:



- » **Plan ahead:** Start preparing early to avoid last minute stress. Create checklists & prioritize tasks to stay organized.
- » **Communicate with your kids:** Have an open conversation with your children about your feelings and concerns for the school year. And listen to any worries they might have while offering them reassurance that you're there to support them.
- » **Make time for yourself:** Prioritize self-care and stress management techniques. Your well-being is valuable and necessary so that you can support your children effectively.
- » **Seek support:** Connect with other parents to share experiences and ask for advice.
- » **Establish routines:** Routines can create a sense of structure and reduce stress for yourself and your children.

Keep in mind that it's normal to experience some level of stress during the back-to-school period. By taking proactive measures and seeking support when needed, you'll find it easier to navigate this time with your family.

We can help.

Learning to relax during stressful times takes plenty of practice. Learn to Live's online mental health programs provide you with tools to effectively manage and address the thoughts and activities that could be contributing to your stress or anxiety. Our experienced Learn to Live coaches can be helpful, too. Your coach can answer your questions and provide support through weekly emails, texts or phone calls.

Get started today at learntolive.com/partners and enter access code **INTACT1**. If you're already a member, simply sign in with your username and password. Learn to Live is available to you and your family members, ages 13 and older, all at no cost.

