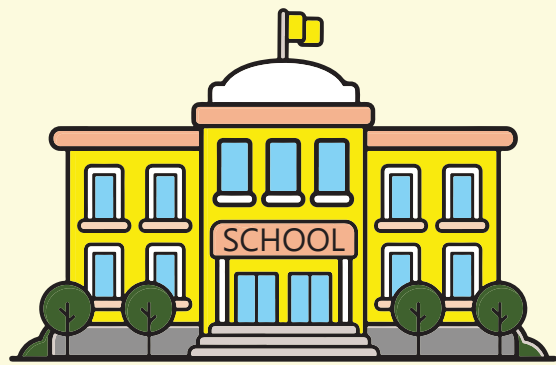


PRIORITIZING WELLNESS DURING THE SCHOOL YEAR

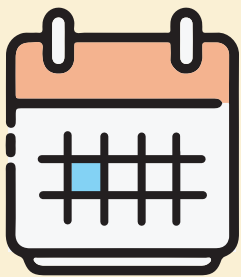
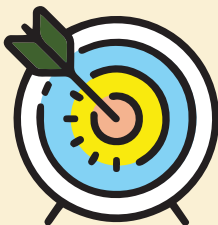


The school year can come with new and recurring challenges for children and parents alike.

Here are some healthy ways for working parents and caregivers to make the school year more manageable and balance their work and personal responsibilities:

Set reasonable expectations.

Establish realistic expectations about what you think you can accomplish each day or week. Don't be hard on yourself.



Develop a schedule.

Creating a routine that works around your work schedule and family needs is essential. Also, consider consolidating certain activities, such as housework or extracurricular activities, to one or two specific days to help everyone stay focused.

Create healthy habits.

Get plenty of sleep and eat well so you can be fully charged for the day. It's also important to stay active and incorporate movement into your daily routine.



Make good use of weekends.

Use the weekends to recharge, reduce stress and have fun as a family. If you prefer alone time, make that a priority.

Ask for help.

Lean on your networks for support if you need help getting through the workdays. Be honest with your family and co-workers if the current situation isn't working well.



If you're feeling stressed or experiencing burnout, talk to your manager and ask about employer-offered resources. Additionally, talk to your doctor if you're concerned about your or your child's mental health.