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Beat the back-to-school blues

The end of summer can feel like a reset, whether you have kids going back to school or not. It's a seasonal shift that can affect your mood, energy, and routines. Luckily, there are simple things you can do to ease the transition, like these:

- **Get back to regular wake-up times,** mealtimes, and bedtimes a week or two before everyone's routine shifts.
- **Check in on your goals.** Treat this like a "mini new year" and give yourself a fresh start with a project or habit you've been wanting to make progress on.
- **Slow down when and where you can.** Prioritize sleep, healthy meals, and short breaks when possible. A little self-care goes a long way.
- **Lean on your support system.** Reach out to friends, neighbors, or coworkers if you need a hand, a sounding board, or just a moment to catch your breath.

Healthy ways to refresh your packed lunches

Bored with, or tired of making, your packed lunches? Upgrade them in easy but nourishing ways. Try salad jars, a homemade "snack pack" instead of a traditional lunch, or follow themes like Meatless Monday or Wrap Wednesday.

Making family fitness fun and easy

Even during busy times, it's important to stay active. Plan activities that don't feel like exercise, like weekend hikes, after-dinner walks, or trying something new together, like yoga or dancing.



Expert help, delivered with heart

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Get the support you need, right when you need it, so you can have peace of mind.



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Finding Harmony: Being a Parent and a Professional

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