



Back to School Means Back to a Healthy Schedule



This fall, the road to stress prevention starts by setting your schedule.

1. Eating

- Return to the family table.
- You don't have to make it all yourself; ask for help in the kitchen.

2. Activities

- Too much IS too much when it creates stress in your life.
- You don't have to do ALL activities all at once. Try one at a time.

3. Sanity Solutions

- Build "you" time into every day.
- Have actual conversations with your family and friends daily.