

# Get a healthy start to the school year

As students return to the class room, things can get stressful. Here are five tips to make the back to school transition easy and healthy for everyone.

- 1 Don't wait to the last minute.** Start early while stores are stocked, and don't be afraid to go online and skip stores altogether.
- 2 Make family time.** It's easy to feel disconnected from kids when they start a new school year. Make an effort to have regular meals together, a family game night, or walks around the neighborhood to stay connected.
- 3 Plan healthy meals.** Take time on Sunday's to prep healthy lunches for the week ahead.
- 4 Keep stress in check.** Check in with yourself and your kids to manage stress. Consider engaging in breathing exercises or meditation as a family when stress is high.
- 5 Create a healthy outlet.** It can be hard to make time for yourself as the school year ramps up, but it's even more important to take these breaks when you're feeling stressed. Consider scheduling 30 minutes in your week to do something that's just for you—whether that's time to meditate, write, paint or watch your favorite sitcom.



To learn more helpful tips about maintaining a healthy lifestyle, visit **[carefirst.com/sharecare](https://carefirst.com/sharecare)**.



# Get a healthy start to the school year

As students return to the class room, things can get stressful. Here are five tips to make the back to school transition easy and healthy for everyone.

- 1. Don't wait to the last minute.** Start early while stores are stocked, and don't be afraid to go online and skip stores altogether.
- 2. Make family time.** It's easy to feel disconnected from kids when they start a new school year. Make an effort to have regular meals together, a family game night, or walks around the neighborhood to stay connected.
- 3. Plan healthy meals.** Take time on Sunday's to prep healthy lunches for the week ahead.
- 4. Keep stress in check.** Check in with yourself and your kids to manage stress. Consider engaging in breathing exercises or meditation as a family when stress is high.
- 5. Create a healthy outlet.** It can be hard to make time for yourself as the school year ramps up, but it's even more important to take these breaks when you're feeling stressed. Consider scheduling 30 minutes in your week to do something that's just for you—whether that's time to meditate, write, paint or watch your favorite sitcom.



To learn more helpful tips about maintaining a healthy lifestyle, visit **[carefirst.com/sharecare](https://carefirst.com/sharecare)**.