

Back-to-School WELLNESS

LiveWELL
September 2023



It is officially back-to-school season! As parents and students gear up for a busy new academic year, it is important to maintain a healthy connection between work and well-being. In this LiveWell newsletter, we share well-rounded tips for parents and students during this season.



LiveWELL How to cope with back-to-school anxiety

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Kids aren't the only ones who get anxious during back-to-school season. As many parents can attest, finding ways to genuinely relax while watching children feels close to impossible. Here are some activities that have been proven to help reduce anxiety when trying to juggle it all.

1. **Have a quick workout:** At home high-intensity interval training takes as little as four minutes to do and can offer results comparable to a full-length workout. Exercise boosts levels of dopamine and serotonin and it increases neuroplasticity.
2. **Inhale, hold, exhale:** Breathwork has been shown to lower stress, reduce your fight-or-flight response, and encourage more intense relaxation. Take a few deep breaths when feeling stressed to recenter and feel calm.
3. **Meditate at home:** Sneaking in a few minutes of meditation can be impactful and lower stress levels throughout the day.
4. **Get good sleep:** It can be hard to shut your brain off after a stressful day but making sleep a priority can improve your mood along with many other benefits. Implement a regular sleep schedule and experience the benefits.

Information derived from [parents.com](https://www.parents.com)



PlayWELL

Workouts for busy parents

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As a busy parent, it can be hard to find time to exercise while juggling daily responsibilities and a family. The *Physical Activity Guidelines for Americans* recommends that adults accumulate 150 minutes of exercise each week, which is roughly 30 minutes a day, five days a week. Here are some tips on how to work exercise into your routine:

1. **Exercise at the office:** While some offices have gyms, not all do. Instead, take a walk around the office, outside, or walk up and down the stairs to experience the benefits of exercise.
2. **Make your kids your workout buddies:** Play their favorite song and start dancing! Dancing boosts cardiovascular health, increases energy, and lowers stress.
3. **At-home workouts:** When faced with being homebound and having limited availability of equipment, space, and time, you'll have to get creative with your sweat sessions and possibly get the whole family involved.



WorkWELL

Tips for balancing work and back to school

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Studies have shown that taking time away from the job can have the following physical and mental health benefits.

What can parents do?

- Be strategic about which activities you have to do and which you want to do. The reality is that you probably won't be able to attend everything.
- Review all of your obligations and make it clear to your manager and/or colleagues when you might need to be out.
- Meet with your child's teachers to let them know when you can attend events and collaborate with them.

What can employers do?

- Have managers meet with employees to find out when they might need to be out and work on flexible schedules with them during those times.
- Show flexibility for parents to work from home with unexpected events throughout the school year.
- Having options such as working from home might be advantageous for parents. Offering flexibility can help parents mitigate stress caused by figuring out childcare arrangements.

Information derived from [forbes.com](https://www.forbes.com)



NO-BAKE OATMEAL ENERGY BALLS

Recipe and photo from the recipe blog at momables.com

These No Bake Oatmeal Energy Balls have all the dessert flavors your kids love, but they're healthy! The perfect snack to give your child a little pick-me-up after a long school day.

INGREDIENTS:

- 1 cup rolled oats
- 1 cup coconut flakes
- 1/2 cup [ground flax seed](#)
- 1/2 cup mini chocolate chips, or raisins
- 1/2 cup peanut butter, or other nut/non-nut butter*
- 1/3 cup honey
- 1 teaspoon [vanilla](#)

INSTRUCTIONS:

1. In a medium bowl, mix the oats, coconut flakes, flax seed, mini chocolate chips, if using, and raisins.
2. In a small bowl, whisk together the peanut butter, honey, and vanilla.
3. Pour the peanut butter mixture into the oat mix, until thoroughly incorporated. Let it chill in the refrigerator for half an hour. Once chilled, roll it into balls. Store in an airtight container or [lunchbox](#), and keep refrigerated for up to 1 week.

NOTES:

* The peanut or non-nut butter you use will make a difference in how well these stick together. If they are not holding together well, add 1 to 2 tablespoons more peanut butter. My creamy peanut butter holds these just fine with 1/2 cup. You can use quick oats for this recipe, however, you might need to adjust the quantity since the mixture might be a tad sticky. If so, add more oats.



NUTRITION:

Serving: 1 bite Calories: 155kcal Carbohydrates: 14g Protein: 3g Fat: 10g Saturated Fat: 5g Polyunsaturated Fat: 2g Monounsaturated Fat: 3g Trans Fat: 0.004g Cholesterol: 0.4mg Sodium: 32mg Potassium: 143mg Fiber: 3g Sugar: 8g Vitamin A: 3IU Vitamin C: 0.1mg Calcium: 21mg Iron: 1mg

WELL Community Support local teachers and students!



Million Dollar Teacher Project is an organization aimed at increasing support for teachers, raising the profile of highly effective teachers, and drastically improving teacher compensation so all students are able to receive excellent instruction every day. It is a local Arizona organization that offers many donation options and programs to help support local teachers. Visit their website to learn more about how you can make a difference this back-to-school season.

Website: mdtproject.org