























# August

BACK TO SCHOOL

MON	TUE	WED	THU	FRI
			<b>1</b>  <p><b>Managing Sleep Issues</b> live workshop tonight at 1pm EST. Log on for a workshop in real-time. No registration necessary.</p>	<b>2</b>  <p>Yes, the kids are going back to school but it's important to take care of yourself, too. Be sure to get enough sleep, eat healthy foods, and exercise regularly.</p>
<b>5</b>  <p>Initiate conversations with your kids about how they are feeling about going back to school. Listening to their thoughts and concerns can help both you and them feel more at ease.</p>	<b>6</b>  <p><b>Grieving Well</b> live workshop tonight at 8:30 pm EST. Log on for a workshop in real-time. No registration necessary.</p>	<b>7</b>  <p>Reach out to other parents who are going through similar experiences. Sharing your feelings and hearing others' stories can provide comfort and a sense of community.</p>	<b>8</b>  <p>As your child starts the school year, their mental health is essential. In this article, delve into the topic of <b>finding a child psychologist near you</b> to support their emotional needs.</p>	<b>9</b>  <p>Reflect on your expectations for the return to school. Set realistic goals, avoid perfectionism, and remember that adjustments take time.</p>
<b>12</b>  <p>Join in on this live class <b>Trauma 101</b> tonight at 7:30 pm EST. No registration necessary.</p>	<b>13</b>  <p>Celebrate the little achievements and positive moments throughout the month. Acknowledging progress, no matter how small, can boost motivation and overall well-being.</p>	<b>14</b>  <p>Self-compassion Practices: Encouraging self-kindness and understanding helps students navigate challenges with resilience.</p>	<b>15</b>  <p>Pay attention to your stress levels and recognize signs of overwhelm. If you feel stressed, take a step back, and engage in stress-relief activities.</p>	<b>16</b>  <p>In this <b>article</b>, learn how you can offer strategies to teens dealing with depression or anxiety.</p>
<b>19</b>  <p>Share the workload with your partner or family members. Dividing tasks like preparing lunches, helping with homework, and managing activities can reduce stress and create balance.</p>	<b>20</b>  <p>Log on for a live class: <b>Strategies for Thriving as a Remote Worker</b> 12pm EST. Just drop in. No registration necessary.</p>	<b>21</b>  <p>It's <b>World Entrepreneurs' Day</b>. Today we celebrate the achievements of entrepreneurs and to encourage others to pursue their dreams.</p>	<b>22</b>  <p>Burnout is a common concern for teachers due to the demanding nature of their profession. Learn more here, <b>Teacher Burnout: A Growing Problem in Schools</b>.</p>	<b>23</b>  <p>Incorporate mindfulness techniques into your daily routine. Take a few moments each day to focus on the present moment, breathe deeply, and let go of any racing thoughts or worries.</p>
<b>26</b>  <p>On <b>Women's Equality Day</b>, emphasize how achieving gender equality supports mental health by ensuring equal access to resources and fostering supportive environments for women.</p>	<b>27</b>  <p>Celebrate the little achievements and positive moments throughout the month. Acknowledging progress, no matter how small, can boost motivation and overall well-being.</p>	<b>28</b>  <p><b>Healing Mother Daughter Wounds</b> live workshop tonight at 8pm EST. Log on for a workshop in real-time. No registration necessary.</p>	<b>29</b>  <p>Write down three things you are grateful for related to your kids going back to school. Focusing on positive aspects can shift your mindset and reduce anxiety.</p>	<b>30</b>  <p>On <b>Grief Awareness Day</b>, recognize the importance of addressing grief as a critical aspect of mental health, emphasizing support and coping strategies for those experiencing loss.</p>