Top Ten Stressbusters Before Heading Back to School

1. Reduce the rush. Establish a morning routine of getting ready for school and start following it a week before school starts. Make a checklist that they can look at each morning to remind them of what they need to do and bring to school.

2. Establish an evening routine of settling down and getting ready for bed. Again, start following it a week before school begins. Try to go to bed at the same time each night. Eliminate electronics 30 minutes prior to going to bed.

3. Understand the rules and expectations of the school and discuss it with your child.

4. Keep at least one weekday after school as a "free day" that has no extra-curricular or scheduled events.

5. Keep a gratitude board. Each week, each family member posts a note with three things they are grateful for from the previous week.

7. Listen to your children. Talk about their worries and concerns. Say a prayer together asking God to take their worries from them and to help them be brave when facing their concerns. Practice role playing how they will handle different situations.

8. Create a Calendar with your child. A calendar allows them to see and anticipate upcoming events, and helps keep parents organized as well! Add any upcoming school events, or special dates and birthdays.

9. Give extra hugs! Hugs have so many health benefits! More often than not, we as parents can get so involved in the to-do list and getting kids to and fro, dealing with work stress or all things home life. We are all moving at the speed of light. Sometimes you just need to slow down and hug.

10. Attend the Stressbusting in Today's World - Open Form September 18 from 4:00 pm – 6:00 p.m. to share your thoughts and needs on how we as a faith community can help with stress. For more information or to register, go to www.sunprairieumc.org.