

# Moments of Serenity

August 2025

## National Back to School Month

The transition into the school year can take a toll on mental health, as it often brings increased anxiety, disrupted sleep, and emotional overwhelm. Students may feel pressure to succeed academically or socially, while parents and caregivers might experience stress around supporting their children's needs. This shift can also resurface past struggles with self-esteem, focus, or peer relationships. Acknowledging these mental health challenges is essential, and taking steps like establishing routines, setting realistic expectations, and seeking support can help create a healthier, more balanced start to the school year.



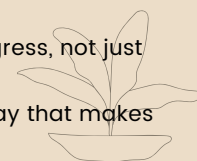
## Mindfulness Minute

### Back to School Reset

Take a deep breath in through your nose... and slowly exhale through your mouth. As the school year begins, give yourself permission to pause. Feel your feet on the ground, your body supported, and your breath moving in and out. Remind yourself: It's okay to feel nervous, excited, or unsure. Each breath is a chance to begin again. As you move into this new season, carry calm with you—one breath, one moment at a time. You've got this!

## Self Care

- Stick to a routine – Regular sleep, meals, and downtime help reduce stress.
- Take mindful breaks – Pause to breathe, stretch, or check in with yourself.
- Stay organized – Use a planner or checklist to ease mental overload.
- Stay connected – Talk to friends, family, or a counselor if you're feeling overwhelmed.
- Limit screen time before bed – Helps improve sleep and focus.
- Celebrate small wins – Acknowledge progress, not just perfection.
- Make time for joy – Do something each day that makes you feel good.



## Did You Know?

- Anxiety is common during transitions and routine changes.
- Sleep affects mood—irregular rest can increase stress.
- Kids show stress through behavior, not just words.
- Routines help regulate emotions and reduce overwhelm.
- Feeling connected at school improves mental health and success.
- Early support can prevent bigger challenges later.

## Company Highlight

### Ivonne Holyfield, Intern

Ivonne holds a Bachelor's from West Texas A&M and a Master's in Human Services Counseling from Liberty University. She is completing a second Master's in Clinical Mental Health. As a military spouse and mother of three, she combines personal experience with professional care. Ivonne has worked with children with special needs and contributed to 988 crisis response efforts. Bilingual in English and Spanish, she offers in-person and telehealth counseling for clients of all ages, supporting diverse needs with compassion.

