

Moments of Serenity

August 2026

A Gentle Start to the School Year

As a new school year begins, it's completely normal for both children and adults to experience a mix of excitement, anticipation, and stress. Returning to early mornings, adjusting to new routines, managing homework, extracurricular activities, and balancing family responsibilities can feel overwhelming, especially during the first few weeks. Give yourself and your family permission to ease into the transition rather than expecting everything to fall into place immediately. Establishing consistent routines, prioritizing quality sleep, making time for healthy meals, and creating opportunities to connect as a family can help reduce stress and build a sense of stability. Most importantly, remember that every family adjusts at its own pace. Offer yourself and your children grace as you navigate this season together, and don't hesitate to reach out for support if the challenges begin to feel too heavy to manage alone.

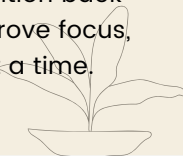


Mindfulness Minute

As the school year gets busy, take a moment to pause.

Place both feet on the floor and take three slow, deep breaths. Notice one thing you can see, hear, and feel.

This simple practice helps bring your attention back to the present and can reduce stress, improve focus, and create a sense of calm one minute at a time.



Self Care

- Stick to a consistent sleep schedule to help your mind and body adjust to the school routine.
- Practice positive self-talk by reminding yourself that it's okay to learn, grow, and make mistakes.
- Take five minutes to breathe or be mindful when you start feeling overwhelmed.
- Stay connected with supportive people like friends, family, teachers, or trusted adults.
- Celebrate small wins. Every assignment completed, new friendship, or challenge overcome is progress worth recognizing.

Company Highlight

Joann Newlin, Marriage and Family Therapist

Joann works with individuals and couples navigating relationship challenges, life transitions, anxiety, depression, family conflict, and other mental health concerns. She has a special interest in supporting couples, older adults, military members and their families, and individuals facing cancer or other serious illnesses. Using a systemic approach, mindfulness, and evidence-based practices, including Gottman Method Couples Therapy, Joann provides a compassionate, collaborative space where clients can strengthen relationships, build resilience, and create meaningful, lasting change.



Alex Harvin, Marriage and Family Therapist

Alexandria believes healing begins when people feel genuinely heard and understood. She is committed to creating a collaborative, respectful, and nonjudgmental space where clients can explore their experiences, recognize their strengths, and work toward meaningful change. Her goal is to help clients build resilience, strengthen relationships, and discover hope at a pace that feels comfortable for them. Alexandria believes no one should have to navigate life's challenges alone and is honored to walk alongside clients on their journey toward healing and growth.

