

# KICKIN' OFF THE SCHOOL YEAR WITH STYLE & CONFIDENCE!



A new school year is here and it is filled with new opportunities to learn, make friends, and make memories! But, with new school year comes new stresses. Here are some great tips to tackling the school year with confidence!

### Establish a Routine

Help your kids transition smoothly by establishing a consistent daily routine. Predictability provides a sense of stability, reducing anxiety and promoting a positive mindset!

### Encourage Open Communication

Foster an environment where kids feel comfortable expressing their thoughts and emotions. Encourage them to share their feelings about going back to school, addressing any concerns they may have.

### Challenge Negative Thoughts

Identify and challenge negative self-talk. When self-doubt creeps in, counter it with positive affirmations. Remind yourself of your strengths, talents, and the progress you've made.

### Surround Yourself with Positivity

Engage with people who uplift and support you. Surrounding yourself with positive influences fosters an environment that encourages self-love and a healthier self-image.

### Focus on Your Strengths

Identify your strengths and unique qualities. Instead of dwelling on perceived flaws, celebrate what makes you exceptional. Embrace your strengths as assets that contribute to your individuality.

### Embrace Self-Care

Prioritize self-care as a fundamental aspect of your routine. Nourish your body, mind, and spirit with activities that bring joy, relaxation, and fulfillment.

### Cultivate Gratitude

Regularly practice gratitude to shift your focus towards the positive aspects of your life. Acknowledge the good things, both big and small, and express gratitude for them.

### Engage in Positive Affirmations

Incorporate positive affirmations into your daily routine. Speak words of encouragement to yourself, reinforcing a positive mindset and cultivating a healthier self-image.

### Explore Self-Expression

Engage in activities that allow for self-expression, such as writing, art, or music. Expressing yourself creatively can be a powerful tool for building self-awareness and fostering self-acceptance.

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If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.

