

August 2019 Issue

## Coping with Seasons of Change & Life Transitions

“There are far better things ahead, than any we leave behind.”

~ C.S. Lewis

August can be a month full of changes. It’s approaching the end of summer, a time to let those care-free days go and switch gears into routines, schedules, meetings with teachers, practices for fall sports and maybe even early preparation for the holidays!

Just as seasons change, people also experience changes in life and circumstances, such as births, deaths, marriages and divorces. There can be changes in jobs and homes, friendships, and even health status. Transitions and change can be difficult. Even if positive, change still can lead to additional stress. **Some signs of increased stress might include the following:**



- Trouble sleeping
- Crying spells
- Worry
- Feeling overwhelmed or isolated
- Change in appetite
- Headaches and/or muscle aches.

Managing stress in healthy ways is crucial to being resilient in life.

### Resiliency & Self Care

Being resilient means being able to recover quickly from difficulties. Some factors that contribute to your ability to be resilient are:

- Viewing difficulties as a challenge,
- Accepting that change is a part of life,
- Moving toward your goals and being committed, and
- Taking care of yourself and focusing on things over which you have control.

Taking care of yourself can mean something different to each person. It might involve planning a social activity with friends or simply spending time alone to relax or meditate. Self care also means seeing your doctor when there is a problem, attending annual well checks and eating healthy foods. Taking care of yourself involves identifying a need and finding a way to get that need met. A little can go a long way in terms of self-care.

The trick is not to try to control or avoid all the bad things that can happen. It is preparing yourself and your children to cope with life as it happens. If you feel that you could benefit from personal counseling or coaching, please reach out to your Employee Assistance Program, such as TriHealth EAP, offered through your employer. If you do not have access to an EAP, check with your insurance provider to find a behavioral health specialist in your area.

# Gearing Up to Go Back to School

Back-to-school time and the changes it ushers into our lives often require the need to tap into our resiliency. The good news is that there are things you can do to get the school year started off on the right foot and to make the transition a smooth one for both students and their parents.



## What to do before the new school year begins

- **Plan ahead and be prepared:**
  - Get immunization/medical records before the summer ends.
  - Purchase school supplies early. Some stores even offer school supply lists online to make it easier
- **Visit school ahead of time**, if possible, to ease your child's anxiety.
- **Re-establish bedtime and mealtime routines** at least one week before school starts.
- **Review all information sent by school** right when it arrives and mark important dates/deadlines on your calendar.
- **Establish homework expectations early** – how much time it should take, as well as where and when it will be completed (i.e. right after school, after dinner, etc.)
- **Select a designated spot to keep lunch bags and backpacks** to minimize clutter and the anxiety that can come with it.

## Additional Ways Parents Can Help

- **Clear your own schedule:** You want to be as free as possible to help your child acclimate to the school routine.
- **Avoid morning chaos:** Choose clothes and pack lunches the night before to allow extra time in the morning for a healthy breakfast and any issues that might arise with the recent change in routine.
- **Anticipate challenges:** This will make them easier to address when they happen.

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## TriHealth Physician Speaker Series Coffee: Friend or Foe?

Join TriHealth primary care physician **Jay Rissover, MD**, for a cup of coffee. You will explore a bit about coffee, from its discovery, to its American adoption, to the latest research on this amazing beverage. Once feared as a cause of heart attacks and strokes, coffee has emerged in the latest research as a surprisingly healthy beverage.



Jay Rissover, MD

**Tuesday, August 27, 9:30 to 10:30 a.m.**  
TriHealth Fitness & Health Pavilion | Café  
6200 Pfeiffer Road, Cincinnati, OH 45242

**Members and nonmembers FREE**  
**No reservation is required.**