

BACK TO SCHOOL SURVIVAL 101

Written by the CCS Staff Wellness Initiative


#1 Make self-care a priority

Self-care is key to establishing work-life balance. Schedule in time for yourself on your calendar after your workday.

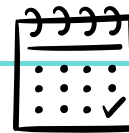
#2 Visit healthcare professionals

Visit doctors, dentists, optometrists. Make sure your vaccines and preventive health appointments are up to date!

#3 Plan healthy meals and snacks

Brainstorm different recipes you  can prepare ahead of time and take with you.

#4 Prepare for changes and organize



Review what's different from last year. Write down important dates, activities, and information. Organize your planner!

#5 Don't forget to celebrate summer

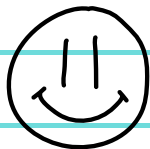


Plan a few final family activities, have a board game night, watch a movie you didn't have time to see, or take a bike ride. Do things you enjoy!

#6 Calm worries and anxiety

Visit the Wellness website for mental health resources, take a virtual mindfulness class, or reach out to your EAP for help.

ccsoh.us/wellness



HEALTHY BODIES
ACTIVE MINDS
COLUMBUS CITY SCHOOLS