

# ISABELLA SOCIETY

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Back to school for the kids means no more summer schedule.

Here are 5 tips to help you ease into your kid's school schedule with the least amount of stress as possible.

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## 5 TIPS TO EASE BACK-TO-SCHOOL SCHEDULE ANXIETY



The transition back to school as summer ends can be a stressful time for parents, specially for moms. Some anxiety and back-to-school jitters is a normal response during the first weeks, specially when you jump into the transicion from one day to the next.

We encourage you to better manage that stress by practicing self-care. Self-care is imperative to your health and wellness physically and mentally, especially for a working mom. We know what you're thinking, "where do they think I'll find the time for self-care?" Have you scheduled doctor's and dentist appointments



for the whole family? You have time for those appointments, right? Then you have time to schedule some self-care.

Humans naturally favor our physical health over our psychological health. It is not our fault; we were taught this unconsciously at a young age by being brought to doctors' and dentist appointments for all of our health needs. These very basic patterns of behavior influence us to focus solely on our physical health throughout our lives, paying little attention to our psychological health.

Self-care is the simple practice of taking conscious actions to preserve or improve one's own overall health and wellness, physically, mentally and emotionally. Self-care can look different for everyone, because you can choose to practice things that you enjoy in order to promote the best version of your health and wellness.

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Here are 5 tips to ease back-to-School schedule anxiety:

1. Pamper yourself by taking a spa day.
2. Grabbing lunch with your besties.
3. Plan your drop off and pick up schedule.
4. Dive back into a hobby you love.
5. Make some time to meditate and clear your head.

These seem simple enough to implement right? Good, just because you may not have been raised with regular emotional check-ups, doesn't mean that you can't have them now. In fact, now is the most important time to focus on your psychological health, not just for you, but for your children. The more self-care you practice, the more your children will learn how to implement self-care into their daily routines as well. It teaches them the values of self care early on in their own lives. This way as years go by, self-care can become as normal as annual wellness exams with your primary care physician.



# BACK-TO-SCHOOL

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