

Class of Tomorrow

It's the first long weekend of the season, which not only marks back to school, but for many, back to work. Many of us have been working or studying from home for over a year now, so this back to school season is especially exciting. However with Zoom calls and loungewear taking over our days, getting back into the rhythm of daily commutes and face to face interactions may bring new challenges. But as we look forward to the next chapter, we're feeling optimistic.

Tips for an Easier Return

As we prepare to return to a routine that is no longer familiar, it's ok to feel a bit anxious. Whether staying at home meant having a different sleep schedule, cleaning routine, childcare arrangements or simply a quieter space, the transition back to work and school will be a big change, so here are some tips we plan to try to make it a little easier:

Dress Rehearsals

They say practice makes perfect, so we're getting back into the routine of setting an alarm and choosing what to wear by starting a few days ahead of time. By trying on outfits in advance (because let's face it, they may not all fit the same way), and getting used to waking up earlier and leaving the house, it will be easier once the first day actually arrives.

Simplifying Things

Many of us have used our days at home to become skilled multi-taskers; doing laundry at lunchtime and baking on breaks, but getting back into a routine will be easier if we simplify things. Rather than packing each day full of activities, chores and errands, we're giving ourselves a little breathing room to settle into our new schedules and still have time to relax.

Practicing Self-Care

We recognize that this will be an adjustment, so we need to give ourselves a break and take the time we need to unwind. Whether we take a bubble bath, meditate, cuddle up with a great book or have a spa

day at home, we're making self-care a priority. Treating ourselves to what gives us comfort helps us focus, release stress, and it's tons of fun!

Commuting to Unwind

Commuting back and forth is something few of us look forward to, but if we turn our commute into our daily down time, it can be the best part of the day! Turning up our favorite music in the car, reading our favorite book on the bus, or just taking advantage of the time alone with our thoughts can be a great way to unwind before we get home.

One thing we've learned is that we are capable of adapting to more than we realize if we take care of our mental health. By paying attention to our feelings and making gradual changes, we will expand our comfort zone, so let's take this long weekend to relax, clear our minds and look forward to a fresh start.