


# Stress Management for back to school





A profile of a human head facing left, with the interior of the head filled with a vibrant, abstract, and colorful pattern resembling a nebula or a complex brain scan. The colors range from deep blues and purples to bright yellows, oranges, and greens. Overlaid on the right side of the head is the text "creative minds don't think like everyone else" in a dark blue, monospace-style font.

creative minds  
don't think  
like everyone else



# My Top 10 Good Reads of All Time!

a list of books I absolutely LOVE!







mental health  
is many things

let's dig into  
the details



# Rosh Hashanah

Let's celebrate the Jewish New Year!








• easy healthy lunch ideas •  
• for back to school •



A close-up, slightly blurred photograph of a hand holding a green pencil, drawing a detailed floral pattern on a light-colored sketchbook. The pattern consists of several stylized, overlapping flower-like shapes with intricate line work. The background is a soft, out-of-focus mix of warm tones, suggesting a desk or workspace. The text is overlaid on the upper left portion of the image, with a white, torn-edge rectangular background for the main title and a blue, torn-edge rectangular background for the subtitle.

Creative Drawing is Easy!

so much easier than you think . . .



September Is  
National Suicide  
Prevention  
Month







# Ultimate Self Care Guide

tools I use to get through



A still life composition featuring symbols of Yom Kippur. In the top left, a pomegranate is open, showing its red seeds. Below it, a honeycomb sits on an ornate, golden-colored metal stand. To the right, two shofars (ram's horns) are visible; one is light-colored and the other is dark. Green leaves and small green berries are scattered around the shofars. The entire scene is set against a background of horizontal blue wooden planks.

Yom Kippur is the Practice  
of Saying I'm Sorry

and it's for everyone not just the Jewish





peace of mind is  
achievable  
for yourself and your family





breathing exercises for anxiety  
for kids and teens





# mindfulness for kids

## how does mindfulness help?





• TRICK or TREAT 2022! •  
• halloween food i love! •



8 art therapy activities  
to help kids identify & manage feelings