

## Making Wellness a Priority



August is National Wellness Month. It focuses on all the ways you can take care of your physical and mental health, from stress management to healthy habits like exercise. When life gets busy, it can be easy to let self-care fall by the wayside. Remember that all these individual components add up to build the foundation for your overall health. Your emotional wellbeing is just as important as your physical wellbeing, and both can affect each other for better or worse. Let's try to find balance in the ways we take care of ourselves each day.

This August, try adding some new self-care habits to your routine:

◆ **Drink more water.** Hydration has such a significant impact on your body, and can affect things like energy, concentration and digestion. Though necessary water intake can be different for everyone, a general rule of thumb is a recommended two to three cups per hour. Make it even higher if you're

exercising heavily or spending time in the sun! Try drinking a glass of water first thing when you wake up, too.

◆ **Sleep.** Your sleep schedule can change your entire day, as well as lower your risk of anxiety and depression and improve your immune system. Set aside time prior to sleeping to shut off your phone and relax. Also, stop hitting the snooze button. Help your body learn to wake up at the same time each day so you feel less tired and more prepared for the day. Finally, invest in silky soft sheets for supreme sleep comfort.

◆ **Maintain a healthy diet.** Your energy will improve immensely if you cut back on added sugar and include more fruits and vegetables in your diet. Meal-planning is a great way to ensure you include the healthiest options on your weekly menu.

◆ **Spend time outside.** It might sound simple, but fresh air can really do a lot for your body and mind! Whether you're exercising or just sitting on the patio with

your favorite book, do what you can to enjoy the summer weather – even if it's raining!

◆ **Talk to those you love.** Spending time with those you care most about is great for your mental and emotional health. It gives you the opportunity to find support for the things that are upsetting you or distraction when you need it. Laugh, cry or do a combination of both. The importance of socialization cannot be understated!

Forming lasting habits takes time. It takes roughly 21 days for something to become a habit and 90 days for it to become a lifestyle change. So don't get discouraged if things don't stick immediately! Allow yourself the time to experiment with new self-care strategies to find what works best for you.

"August is National Wellness Month," <https://thekimfoundation.org/august-is-national-wellness-month/>, August 4, 2021.

# BACK-TO-SCHOOL SMARTS



**EASE INTO A SCHEDULE.** To simplify the transition, start the bedtime routine 10 minutes earlier each night two weeks before school begins. Likewise, start the morning routine 10 minutes earlier each morning. This will help your family get back on track.



**GO TECH-FREE IN THE HOMEWORK ZONE.** Establish a household rule that technology stays off during homework time.



**TALK TO YOUR CHILD ABOUT THEIR DAY.** Give your child opportunities to recall and reflect. Be prepared to share details of your day as well. This is a great way to connect.



**ADD THE SCHOOL CALENDAR TO YOUR CALENDAR.** This way, you can prioritize and stay ahead of schedule.



**PACK HEALTHY SCHOOL LUNCHES TOGETHER.** Allow your child to play a role in making their lunch each night. It's important to find ways to get your child involved in their nutrition.



**PROMOTE EXERCISE.** Whether you go for a walk as a family or your child participates in after-school sports, make sure your family finds time to break a sweat and get active.



**BE SURE YOUR CHILD'S IMMUNIZATIONS ARE UP-TO-DATE** for their safety and the safety of others.



**TALK TRAVEL SAFETY.** As the school year starts, remember to teach your children about safety – especially if they walk or bike to school.



**SCHEDULE AN ANNUAL CHECKUP.** The first day of school is a great reminder each year that your child's annual physical is an important step to ensure their wellbeing.



**LEAD BY EXAMPLE.** Kids learn how to take better care of themselves when parents lead by example and make wellbeing a priority. Plus, those lessons can last a lifetime, setting your child on the path to become and remain a healthy adult.



## SAVORY GLUTEN-FREE END-OF-SUMMER

### TOMATO PIE

Prep Time: 20 minutes

#### INGREDIENTS

- 3 large tomatoes, sliced
- 1 large yellow onion, sliced thinly
- 6 ounces shredded sharp cheddar cheese
- 1 large egg, whisked
- 1 box (4.25 ounces) of gluten-free almond smokehouse crackers (such as Blue Diamond)
- 8 ounces uncooked, thick-cut bacon
- Black pepper to taste

#### PREPARATION

- Preheat your oven to 375 F.
- Spray your baking dish or pie dish.
- Slice your tomatoes and onions thinly then cut each slice in half to form half circles.
- Place the full box of gluten-free crackers into a freezer bag, closing it. Using your hands, crumble the crackers into small bits. Set aside.
- In your dish, layer: crumbled crackers, small handful of shredded cheddar cheese, sliced tomatoes, sliced onions, then cheddar cheese again – covering the layer this time.
- Sprinkle the top with black pepper to your liking.
- Repeat the layer if room allows. Most dishes will allow for two of the layers.
- In a bowl, whisk one egg. Then, pour the egg across the top of the pie, aiming to cover end-to-end with strips of the egg. It will sink down into the layers.
- Lay the strips of bacon across the top of the pie until covered.
- Bake the pie for 45 minutes or up to an hour (until the bacon is thoroughly cooked and the cheese is golden).

**Enjoy!**

#### NUTRITION INFORMATION

Serves: 9  
Amount Per Serving:  
Calories: 299

Total Fat: 18.4g  
Cholesterol: 68mg  
Sodium: 765mg

Total Carbohydrates: 15.9g  
Sugars: 2.5g  
Protein: 16.9g