



August 2025

Coming in AUGUST

8/5 RECOVERY
UNIVERSITY

8/14 NO BOARD
MEETING

8/29 NO LIMITS
LIVESTOCK SHOW AT
NOBLE CO FAIR

**Back to School:
May Your Coffee Be
Strong
&
Your Wi-Fi Stronger**



Muskingum Area Mental Health & Recovery Services Board

It's that magical, mildly chaotic time again—Back to School Month. Or as I like to call it, *The Great Migration of Lunchboxes and Lost Shoes*. Let's be totally honest, no one is ever fully ready. Not the kids. Not the teachers. And certainly not the grown-ups Googling “easy weeknight dinners” while crying into a reusable water bottle (no judgement!) The transition is a lot—from sun-soaked days to alarm clocks, from “Sure, wear your swimsuit all day” to “Where are your pants?!” And while we're racing through school supply aisles and surviving the pick up line, it's easy to forget the one thing that really needs prepping: our mental health.

So here are a few survival tips:

1. Lower the bar. No one needs a Pinterest-worthy bento box. If the food is inside the lunchbox and vaguely nutritious? You win!
2. Build in breathers. Five minutes of quiet with your coffee. Ten minutes of screen-free snuggling. A car ride where no one talks. Protect your peace like it's on your school supply list.
3. Talk feelings before fractions. Ask your kids, “What made you smile today?” or “What felt tough?” And maybe ask yourself, too.
4. Sleep like it's your job. Nobody's thriving on three hours and a diet of caffeine and spite.
5. Connect. Reach out to other humans—parents, friends, that one teacher who always “gets it.” Mental health loves company.

Underneath the mess and madness, there's a whole lot of heart. You're doing great, even if the socks don't match and someone cried in the car (maybe you-and again, no judgement!).

Happy Back to School, folks. Take a deep breath—you've got this.



CHAOS
COORDINATOR

