



F O C U S

FALL 2017

Back-to-School Tips for Parents

Starting the new school year can be a time of great excitement... and anxiety. Help calm your child's fears (and your own) with these teacher-approved tips. **Meet the new teacher.**

For kids, one of the biggest back-to-school fears is "Will I like my new teacher?" Breaking the ice early on is one of the best ways to calm everyone's fears. Take advantage of your school's open house or back-to-school night.

Some teachers welcome phone calls or e-mails — another great opportunity to get to know each other before the year begins. If personal contact with the teacher isn't possible, try locating the teacher's picture on a school website or in a yearbook, so your child can put a name with a face. If your child's teacher sends a welcome letter, be sure to read the letter together. **Tour the school.** If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day. Together you can meet her teacher, find her desk, or explore the playground. With an older child, you might ask him to give you a tour of the school. This will help refresh his memory and yours. **Connect with friends.** A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool. **Tool up.** Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun. School supply lists also provide great insight into the schoolwork ahead. Get your child excited about upcoming projects by explaining how new supplies might be used. Let him practice using supplies that he's not used before — such as colored pencils or a protractor — so he will be comfortable using them in class. **Avoid last-minute drilling.** When it's almost time to stop playing, give a five-minute warning. Giving clear messages to your child is very important. **Chat about today's events and tomorrow's plans.** While it is important to support learning throughout the summer, don't spend the last weeks of summer vacation reviewing last year's curriculum. All kids need some down time before the rigors of school begin. For some kids, last-minute drills can heighten anxiety, reminding them of what they've forgotten instead of what they remember. **Ease into the routine.** Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother.

Source:
<http://www.pbs.org/parents/education/goin-to-school/back-to-school/back-to-school-tips-for-parents/>

Inside this issue:

How to Reset Your Wife When She's Falling Apart 2

3 Ways Meditation Improves Relationships 3

How to Reset Your Wife When She's Falling Apart

You can find them in every grocery store, office, playground and drop off lane at the local elementary school. The women who wipe their children's tears away, who selflessly serve day after day with little or no appreciation, who juggle working and parenting and sleepless nights and endless guilt, who love their husbands fiercely, who continually look after everyone's needs except their own. They are the women who quietly run the world. And, if you're a woman reading this article, "they" probably means you. I know the look in your eye. I know what it feels like to give everything and never feel like it's enough. I know what it feels like to wake up and wonder how you'll ever make it through another day. Please know that you are not alone. To husbands, we need you. We know that we cannot walk the path of life alone. When we fall, we need you to catch us, and help us stand tall. We need you to wipe our tears away and hold us so tightly that it's almost difficult to breathe. We need you to comfort us when life becomes too hard to bear. To the incredible men who love us, I know that it is hard to know what to do. I know that sometimes the right words are difficult to find. We want to help you help us. I asked women from all over the

world to share their thoughts about how husbands can help their wives reset when they are stressed or overwhelmed. I hope these ideas are helpful to you: **Be aware of her responsibilities.** Regardless of whether she stays at home or goes to work, do you know what she does all day? If you don't, ask her. Her to-do list is probably overflowing with tasks that far outweigh her time and energy. Be mindful of her needs and appreciative of her sacrifice. **Get involved before she burns out.** The best time to begin helping your wife is now. Don't wait until she breaks down to offer a helping hand. **Be an active participant.** It takes two to parent. It takes two to make a marriage work. Be fully involved in every aspect of your family life. Work is hard, but your employment status doesn't give you permission to opt out of chores, disciplining and planning date nights. **Stop trying to fix her problems.** Just listen. That's all you need to do. And if she wants you to offer solutions, she'll ask for them. **Hold her.** Find something to keep your kids preoccupied, and then take your wife into your arms and tell her how much you love her. Hold her closely and let her cry into your shoulder. Comfort her the best way you know how. **Let**

her talk for as long as she needs. Sometimes the best way for a woman to reset is by getting all of her thoughts out. Let your wife talk through her feelings and problems. Show empathy. Listen carefully. Ask questions. Be fully engaged in the conversation. **Be a partner.** Marriage is committing to share a life together. To carry one another's burdens. To cry with one another. To support one another through difficult times. Marriage means being one another's confidant, lover and friend. You aren't just two people living together. You are a beautiful union of two people who covenant to love each other forever. **Provide her hope.** Encourage her. Let her know what you love about her. Help her see the good in any situation. Avoid being critical or negative. When she's hit rock bottom, be the man who lifts her up, and brings light and hope back into her life. **Be useful.** Learn the art of looking around the house and finding things that need to get done. Are there dishes in the sink? Does the dog need to be walked? What is broken that needs to be fixed? Don't wait to be asked. Just do it! **Give her a day all to herself.** Nothing feels better than getting a manicure, pedicure, hair cut, massage and a new outfit. Let her sleep in, take a hot bath,

and spend some quiet time alone. Support her and take over her day-to-day tasks, so she can have time to take care of herself. **Pray for her.** Right before you go to bed, kneel down next to your bed together, hand in hand, and pray. Tell God how much you love your wife. Let him know what you appreciate about

her. Ask for his help. Ask him to tell you how you can be a better spouse to her. Ask him to comfort her and help her to see herself as He sees her. **Ask her what you can do to help.** Your wife knows what you can do to help her reset, so just ask her. She'll appreciate it more than you will ever know. Because, you

know what? She loves you too, and she is grateful every day for what you do for her.

Source:
www.familyshare.com
Katelyn Carmen is a freelance content marketer, writer and graphic designer. She loves her husband, family friends, and faith.

3 Ways Meditation Improves Relationships

Meditation can seem like a lonely activity, even a slightly selfish one— after all, you're doing something, on your own, for yourself—or so it seems. Even if you're meditating in a group, your eyes are closed and you're focused on yourself. Doesn't seem like something that would improve your relationships. But research shows it does. Here's how. **1. It curbs your stress and gives you perspective.** Most people experience stress during the day. Worse yet, they bring their stress home. As a consequence, their partner gets the brunt of it: a short fuse, bad moods, lack of affection. Over time, this kind of pattern can create distance between partners. By helping you regulate your emotions (like stress or anger), meditation can help you keep a positive perspective. What we found in research with a population that has a tremendous

amount of stress—veterans returning from war—is that by using a simple breathing based meditation (sudarshan kriya), anxiety and stress are reduced tremendously. If you can take responsibility for curbing your stress through meditation, you're also taking a big step towards preserving and honoring your relationship. A really strong reason to meditate is its impact on your perspective. You're more likely to see the big picture rather than sweating the small stuff—as a result, you feel more grateful for what you have. Gratitude is a powerful predictor of long-term love. Research shows us that, over time, we get used to the things we have and people we are with and can start to take them for granted. That's the point where people may start to focus on what's wrong with their partner or forget why they fell in love in the first place. Grate-

ful people are more satisfied in their relationships and feel closer to one another. When you are grateful, you stay focused and appreciative of your partner's good qualities. Your partner, in turn feels appreciated, and your bond strengthens. **2. It keeps you positive.** In researching my recent book, The Happiness Track, I was amazed at the benefits of happiness: it makes you more present, more charismatic, more focused, more productive, and more creative. Even your capacity to learn and think outside the box improves. Most importantly, we know that positive emotions help you connect more easily with others. Positive emotions make us more open, approachable and strengthen your feelings of connection to others—even strangers. Think about it—on a day when you are feeling stressed and blue, (continued on back page)

VISTA PSYCHOLOGICAL & COUNSELING CENTRE

1201 South Main Street, Ste.100, N. Canton, OH 44720

Phone: 330.244.8782

Fax: 330.244.8795

Email: info@vistapcc.com

Website: www.vistapcc.com

Welcome to Vista!

We offer the very best in psychological and counseling services.

Established in 2008, our staff is committed to helping you achieve greater emotional wellness and adjustment through individual, child/adolescent, couples, family, and group therapy.

We are available to you Monday thru Saturday with day and evening hours for your convenience.

(continued from page 3) you are probably less likely to strike up a conversation with the person behind you at Starbucks. Stress makes us self-focused. However, when you're feeling on top of the world, that's the day you are more likely to share a joke with a stranger or notice if someone needs help holding the door open for them. Research shows that laughter helps you strengthen relationships—even makes you more attractive. **3. It strengthens your feelings of connection.** Sometimes partners start to feel more distant from one another. In research we conducted on compassion and loving-kindness based meditations,

we found that these kinds of meditations can really help people feel more connected and empathic. You can literally train yourself to feel more compassionate and loving. And research shows that empathy and compassion have tremendous benefits for your health and happiness: improved happiness, lower inflammation, decreased anxiety and depression, and even longer life. Not to mention better and stronger relationships with other people. Both men and women, when asked which traits they value most in a prospective partner, place kindness at the top of the list. Let's face it, we all face trials in our life, but only some of us have natural re-

silience and an ability to bounce back quickly. Hundreds of studies now show that meditation is a powerful way to boost happiness and well-being—thereby also boosting our relationships. (For examples go to <http://www.emmaseppala.com/20-scientific-reasons-to-start-meditating-today/#.VyijjoeaDGko>)

Source: Emma Seppala.
www.psychologytoday.com/blog/feeling-it/201605/3

