

# Peace of Mind for Working Parents

Here are Maven's top 5 tips for staying cool, calm, and collected as we enter the fall.



## THE GOLDEN RULE APPLIES TO YOU, TOO

- 1 Think how you'd respond if a friend said she was having a tough go of it. You'd offer compassion, concern, and encouragement. Well, first things first: You deserve that, too.

## TAKE 5 (3 TIMES A DAY)

- 2 Open up your work calendar and put 5 minutes of do-not-disturb — morning, noon, and night. That's your you-time, to check in, get centered, and breathe deep.

## EAT OUT (OF SIGHT OF YOUR COMPUTER)

- 3 Your workspace is for work. Lunch elsewhere if you can — in the living room, the kitchen, your child's bedroom. You're setting healthy boundaries at a time when most have disappeared.

## WEAR YOUR KID'S SHOES

- 4 Being a kid is complex, especially now. Let your child know they can come to you to talk about all of it: they love wearing PJs all day, they hate not seeing their friends. Your kids are going through just as tough a time — and, like you, they're meeting the moment.

## PARTNER UP

- 5 There is simply no sugarcoating it: this is a historic time, and it's normal to feel stressed. Having an 'accountability partner' can help: someone with whom you can share successes, stresses, and everything in between.

**At Maven, we're here to support you through back-to-school and beyond.**

Learn more about Maven at [MavenClinic.com](https://MavenClinic.com) or download the Maven Clinic app to get started.

 Remember, if you are feeling unwell, don't carry it alone. Ask for help.