

July 2024

Don't Sweat the Small Stuff – Part 1

July temperatures can translate into some hot and “sweaty” days. As you struggle to stay calm cool and collected, we encourage you not to sweat the small stuff.

“Don't sweat the small stuff” essentially means to not focus your energy on things that don't hold significant importance in your life, says [Sabrina Romanoff](#), PsyD, a clinical psychologist and professor at Yeshiva University.

We waste a significant amount of time and valuable energy feeling [stressed](#), angry, or disappointed over things that are not important in the grand scheme of our lives. When you feel stressed, there are biological changes in your body. Feeling chronically stressed increases the risk of heart disease and weakens the immune system and can compromise some types of memory and learning.

Dr. Romanoff suggests some steps you can take to let go of little things that may bother you:

- **Throw it away:** Research shows writing down negative thoughts on a piece of paper, tearing it up, and throwing it into the trash can help get rid of the thought from your mind as well.
- **Put the issue into perspective:** Try to gain perspective on the situation by imagining the impact of the issue one week, one month, or one year in the future. Chances are that it won't matter at all.
- **Shift your focus to gratitude:** Compare your situation to a time in your past when you weren't as fortunate, to a friend in a difficult situation, or to a person who would be grateful to be in your situation. Practice shifting your focus to all that you can be grateful for.
- **React mindfully:** If you do react to an annoying or upsetting situation, remember your values and be sure to have your reactions guided by what is most important to you, instead of reacting instinctively to stressors in the moment.
- **Don't ignore larger issues:** While reacting in the moment is not helpful, it's important to ensure that you're not suppressing or ignoring larger issues. When faced with minor stressors, it can be helpful to reflect on why they're bothering you. Becoming aware of these conflicts is the first step toward resolving them.

So, when you find yourself stressing about little annoyances, inconveniences, or unimportant things that don't go your way, try instead to let them go and move on.

If you'd like assistance with “letting go of the small stuff”, please reach out to the Aurora EAP at 800.236.3231 or eap@aurora.org.

Resources:

[What Does the Saying "Don't Sweat the Small Stuff" Mean? \(verywellmind.com\)](https://www.verywellmind.com/what-does-the-saying-dont-sweat-the-small-stuff-mean-2786282)

<https://www.cnn.com/2014/01/13/living/sweat-small-stuff-real-simple/index.html>

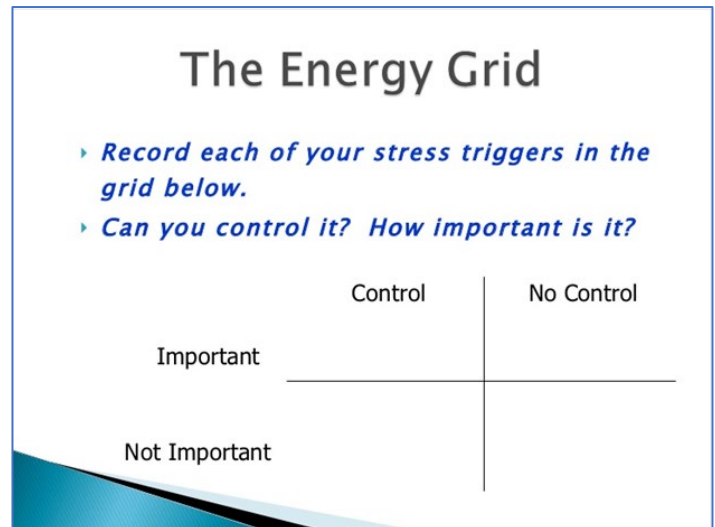
August 2024

Don't Sweat the Small Stuff – Part 2

Last month we identified some strategies designed to help you not “sweat the small stuff”. We looked at how you can let go and move beyond little annoyances, inconveniences, or unimportant things that don't go your way.

Another strategy that can help you put things into perspective when feeling stressed is by analyzing their level of importance versus your ability to control or change the circumstances. When you think about the things that are stressing you, where would they fall within this energy grid?

Finally, a quick and easy technique to calm yourself when stressed is to practice relaxation tactics such as deep breathing exercises. In almost any stressful situation, several deep breaths will slow down your stress response by helping you release tension and relax.



Here are instructions for **Box Breathing**:

1. Breathe in through your nose as you slowly count to four in your head.
2. Hold your breath for a count of four.
3. Exhale for another count of four.
4. Hold your breath again for a count of four.
5. Repeat for three to four rounds.

The time and energy that you spend worrying about minor things is usually disproportionate to their importance. Instead, shift your mindset to focus on the positives and the overall big picture. You'll be happier and healthier for it in the long run.

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Resources:

[What Does the Saying "Don't Sweat the Small Stuff" Mean? \(verywellmind.com\)](https://www.verywellmind.com/what-does-the-saying-dont-sweat-the-small-stuff-mean-2786484)

<https://www.cnn.com/2014/01/13/living/sweat-small-stuff-real-simple/index.html>

September 2024

4 Back to School Tips

Summer is arguably the best time of the year. The days are longer, the weather is warm, and playtime is endless. That is why getting children back into school mode can be challenging for parents. Here are four ideas that might make the transition back-to-school a little easier:

Establish a routine

Set a regular sleep schedule to ensure your child gets enough rest for optimal focus and concentration during the day. School-aged children should be getting at least 10 hours of sleep per night, according to the Centers for Disease Control and Prevention. Also, establishing a morning routine that includes time for breakfast, packing up school bags and reviewing the day's schedule is also an important way to start the day.

Create a study area

According to the U.S. Department of Education, preparing a study area lets your child know education is a top priority in your family. Helping your child organize their study area and removing distractions will ensure that they have everything they need to be successful.

Engage and Participate

Encourage your child to actively engage in class by taking notes, asking questions, and participating in discussions. Engaging with the material will help your child understand and retain the information better.

Talk to the teachers

One last thing you could do as a parent is communicate with the school and teachers to let them know you will be involved at the school. If there is an open house to meet the teachers, attend it. It is important for parents to be active in their child's education.

Remember, starting a new school year can be exciting, but also challenging.

**If you or your family need assistance, please reach out to the
Aurora EAP at 800-236-3231 or visit www.aurora.org/eap**

Resources:

Center for Disease Control- www.cdc.gov/sleep/about/index [About Sleep](#) | [Sleep](#) | [CDC](#)
[Get in Gear for the New School Year: Back-to-School Tips for Parents](#) | [U.S. Department of Education](#)