



August 2023

August: The Last Month Before Fall

As we quickly begin our descent into the chillier parts of the year, we encourage you to stay healthy both physically and mentally.

- Reflect on the summer months
- Connect with nature: meditate, exercise, sit in the grass, eat a snack outdoors, listen to a thunderstorm

Holistic nutritionist and health coach Michelle Gagliani shared on her site “The Balanced CEO”, how to mindfully switch from Summer to Fall.

[Michelle's Tips to Transitioning Seasons](#)

Back to School: How to help

Adolescence is a time of many changes physically and mentally. Mitigating risk of mental health difficulties during this time is essential. Mental Health America in 2022 created a “Back to School Toolkit” to encourage youth to feel “all the feels!”. The toolkit can be accessed at the link below in english and in spanish if needed.

[Toolkit](#)

National Grief Awareness Day

Towards the end of August is National Grief Awareness day: August 30th. The links below consist of some strong resources to help cope with loss.

[NIH: Coping with grief](#)

[Harvard Article: Overcoming effects of grief](#)

[MHA: Bereavement and Grief](#)

Not one story is the same and therefore all of our healing journeys are unique. Growth is not linear. We encourage everyone reading this newsletter to be kind to themselves.

At Center for Balanced Living we strive to create a welcoming and calm environment while helping assist our clients on their mental health journey.

