Back-to-School or Back-to-Work Anxiety? Here’s How to Combat It

As school starts up again this week, many children will return with excitement, happy to be reunited with teachers and friends. Others will experience anxiety about this change in routine and the challenges offered by the school day. Sometimes this anxiety might become intense, or persist longer than is healthy.

The good news is that most young people adapt well and their anxiety reduces to normal levels within the first month of school.

1. **Understand the anxious brain.** In its purest form, anxiety is adaptive and helpful. It alerts us to potential risks in the environment around us, helping to ensure that we look before we leap. It keeps us close to those who will protect us. Unfortunately, the brain’s alarm system can become over activated and trigger anxiety in unnecessary circumstances, or evoke excessive anxiety that keeps us from doing things in normal daily life.

2. **Get a good night’s sleep.** In the evening, acknowledge your kids’ excitement about school, then try some warm milk (which releases tryptophan to help with sleep). Tuck them into bed to read a familiar story that might even be a little boring. Soft lighting and gentle music can also help. Melatonin is a natural substance that makes them feel sleepy, which can be used for a few nights if needed (consult a pharmacist). Bedtime routines are helpful. And electronics with screens should be shut off 90 minutes before sleep.

3. **Talk about morning anxiety.** Anxiety can present as tummy aches and tears, as well as irritability and avoidance of going to school. It is important to talk with your child about their worries and fears. But do not give in and let them stay home unless there is a really good reason. Staying at home will only reinforce their anxiety and make it worse in the end.

4. **Figure out the worries.** Try to discover what concretely gives your children anxiety. Sometimes problems will require adult intervention. The last thing you want to do is send your child off to school when they have real worries about being bullied or physically hurt by peers who have threatened them. Similarly, some youth can feel threatened by certain teachers or school staff who may not be respectful or sensitive to their needs. Of course, the anxieties may be exaggerated or unfounded but real problems should never be dismissed.

5. **Deal with your own anxiety.** Parental anxiety can affect children. It helps if you talk to your partner or trusted friends about your anxiety. Is this your first child starting school? Try to connect with a more seasoned parent who can help make your journey easier.

Help your children to prepare, then you can enjoy the first weeks back at school just as much as your children do!

Source: The Conversation
YoU R Compliance Connection with Kris Henderson, Director of Compliance and Title IX Coordinator

Welcome to yoU R compliance Connection!

Each month we will focus on a different aspect of ethics and compliance here at the University and highlight upcoming events that relate to our collective work of enhancing our ethical culture.

So, what exactly is compliance?

A dictionary definition of compliance focuses on a group or an individual obeying all the laws regulations, policies and procedures in managing their business. Whether you actually think of it as compliance or not, you are in fact “being compliant” every time you follow a policy, a procedure, or the law. But ethics is more than that. It is a culture of doing the right thing for the right reason. A culture of shared values. That is truly what compliance is all about.

Did you know that the University has a Code of Ethics and Integrity and that it applies to you? In fact, it applies to everyone in our University community. The Code is a statement of our values and aspirations as an institution. In essence, it is a written value statement. You can access it here. These values are an important part of the University’s identity.

This fall, we will launch the Cookies with Compliance series open to all faculty and staff. The series will feature programs covering topics that affect your daily work and include sessions on student record privacy, course materials and copyright and being prepared in an emergency. Watch Spiderbytes for more details about each program. I hope you will take the time to attend these sessions as we continue our ongoing conversation about compliance.

Healthy Cooking: No-Bake Peanut Butter Protein Bars

Ingredients:
3/4 cup natural creamy peanut butter
1/4 cup honey
1 tbsp. melted coconut oil
1 tsp. vanilla
1/3 cup ground flaxseed
1/2 cup vanilla or plain protein powder
2.5 oz dark chocolate
Sea salt for sprinkling

Directions:
1. In a medium bowl, mix together peanut butter, honey, coconut oil, and vanilla until smooth.
2. Add in ground flaxseed and protein powder. Use a spoon to mix until you can’t anymore, and then use clean hands to work together. The batter should be similar to cookie dough.
3. Press into an 8x4 pan lined with parchment paper.
4. Make the chocolate layer by adding the chocolate to a small saucepan and melting until completely smooth.
5. Pour the melted chocolate over the peanut butter layer, and tilt the pan so that the chocolate covers the peanut butter layer entirely.
6. Place in the fridge for 30 min-1 hour to firm up. Then slice and enjoy!
Although it's common to have the occasional sleepless night, insomnia is the inability to sleep or excessive wakening in the night that impairs daily functioning. Of natural remedies, three have been shown to be useful, and others have some preliminary but inconclusive evidence. Since chronic lack of sleep may be linked to a number of health problems (such as diabetes, high blood pressure, and depression), it's important to consult your physician and avoid self-treating with alternative medicine. Here are some natural remedies to consider:

**Melatonin**
Melatonin supplements are widely recommended for various sleep conditions, but the best evidence is for help with sleep problems caused by shift work or jet lag. Melatonin is a naturally-occurring hormone that regulates the sleep-wake cycle in the brain. It is produced from serotonin when exposure to light decreases at night. It is used in conditions where sleep is disordered due to low levels of melatonin at night such as aging, affective disorders (e.g. depression), delayed sleep-phase disorder, or jet lag.

**Meditation and Other Relaxation Techniques**
A regular meditation practice may help to promote sleep by slowing breathing and reducing stress hormone levels. Meditation is a technique that involves consciously directing one's attention to an object of focus (such as breathing or a sound or word) in order to increase awareness, relax the body, and calm the mind. Some types of meditation include guided meditation, vipassana meditation, yoga nidra, or body scan.

**Aromatherapy**
The scent of English lavender aromatherapy oil has long been used as a folk remedy to help people fall asleep. It is one of the most soothing essential oils. Try putting a lavender sachet under your pillow or place one to two drops of lavender essential oil in a handkerchief. Or add several drops of lavender oil to a bath—the drop in body temperature after a warm bath also helps with sleep. Other aromatherapy oils believed to help with sleep are chamomile, patchouli, and ylang-ylang.

**Chamomile Tea**
Clinical trials have not proven chamomile to be helpful for insomnia. Chamomile is an herb traditionally used to reduce muscle tension, soothe digestion, and reduce anxiety, which may help induce sleep. Sip a cup of hot chamomile tea after dinner, but don't drink it too close to the bed or you may have to get up in the middle of the night to go to the bathroom. Hops, passionflower, and ashwagandha are other herbs that are often used for insomnia. As with chamomile, they have not proven their effectiveness in studies.

**Light Therapy**
Light therapy is used as part of sleep treatment plans. If you have trouble falling asleep at night or have delayed sleep-phase syndrome, you may need more light in the morning. Light exposure plays a key role in telling the body when to go to sleep (by increasing melatonin production) and when to wake up. A walk outdoors first thing in the morning or light therapy for 30 minutes may help.

Source: Very Well Health
Karen’s Korner, Karen Hensley, UR Dietician: More Fruits and Veggies

Build a healthy colorful plate with ½ of it loaded with fruit and vegetables. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following to eat more fruits and vegetables every day.

**Breakfast**
- Add bananas, raisins, or berries to cereal
- Add a side of fruit to oatmeal, toast, or egg sandwich
- Add vegetables to your eggs or potatoes
- Make a smoothie with frozen fruit. Add greens such as kale or spinach

**Lunch**
- Have a fruit and vegetable salad
- Put vegetables on your sandwich (cucumbers, sprouts, tomato, lettuce or avocado)
- Eat a bowl of vegetable soup
- Have a piece of fruit or veggies instead of chips

**Snacks**
- Eat raw veggies with peanut butter or hummus.
- Eat dried fruit such as raisins or apricots. Be mindful of portion sizes.
- Eat fresh fruit
- Freeze fruit (bananas or grapes) to have a refreshing snack on a hot day

**Dinner**
- Have a side salad
- Add a side of steamed or roasted vegetables
- Add chopped vegetables into your meatloaf, soup, stew, beans & rice, spaghetti sauces
- Spiral zucchini or sweet potato to use as noodles instead of pasta