

## Small Habits, Healthy Boundaries.

August often brings changing schedules, back-to-school routines and busier calendars. A few small adjustments can help you stay on top of your health while making space for rest, preventive care and the things that matter outside of work.

### Reset Your Sleep Routine

Changing schedules can make it harder for the whole household to settle into a consistent sleep routine. Try keeping things simple:

- ✓ **Keep sleep and wake times consistent.**  
A regular schedule can make the transition back to earlier mornings easier.
- ✓ **Shift gradually.**  
If bedtime has gotten later over the summer, move it earlier a little at a time instead of making one big change.
- ✓ **Create a wind-down routine.**  
Lower the lights, put devices away and choose a quiet activity before bed.
- ✓ **Set up the room for sleep.**  
A cool, quiet and dark space can help create a better environment for rest.



**READ MORE** → [5 Tips to Help Your Family Sleep Better](#)

### Make Time for Preventive Care

A new routine is also a good time to check in on the basics.

Consider taking a few minutes to:

- Review upcoming preventive care appointments.
- Check whether you or your family members have questions about recommended vaccinations.
- Make a list of health questions to discuss at your next appointment.
- Schedule care you may have been putting off.

Immunize.org offers vaccine information, current immunization schedules and patient resources for children and adults.

Talk with your health care provider about the preventive care and vaccinations that are appropriate for you and your family.

**READ MORE** → [Immunization Resources](#)

## Protect Your Energy - Setting Boundaries

Boundaries do not have to be dramatic. Start by noticing where your time or energy regularly feels stretched.

You might:

 **Protect a break.**

Give yourself a few uninterrupted minutes for lunch or a reset between tasks.

 **Set a stopping point.**

Choose a time when work messages, email or other responsibilities can wait until tomorrow.

 **Communicate clearly.**

Be direct about what you can do, what you cannot do or when you need more time.

 **Respect other people's boundaries, too.**

Listen when someone communicates what they need or what they are comfortable with.

**WATCH** → [Setting Healthy Boundaries](#)

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## Could It Be Burnout?

Burnout can develop when ongoing stress leaves you feeling emotionally, physically or mentally drained.

Some common signs include:

- Feeling exhausted even after resting
- Dreading responsibilities you normally manage
- Feeling detached or unmotivated
- Having more difficulty concentrating
- Feeling increasingly irritable or overwhelmed
- Experiencing stress-related physical tension or discomfort

**READ MORE** → [Burnout: Signs, Causes and How to Recover](#)

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## Need More Support?

Mindfulness can be a helpful daily tool, but you do not have to manage stress, anxiety or personal challenges alone.

Now Optics offers an **Employee Assistance Program** through **Carelon Wellbeing** at no cost to you. This confidential benefit can help with mental health support, legal and financial guidance, child and elder care resources, and more.

**Carelon Wellbeing:** 855-590-3966

**Learn more:** Visit the Now Optics Benefits site and go to the EAP section.