

Stress Point Support

Tools to foster family connection, support your family's faith,
and promote mental wellness

Dear Friends in Christ,

Welcome to back-to-school season! The new school year brings changes in routines and family schedules. School preparations fill family calendars. Emotions in family members could range from excitement for new adventures, to anxiety about new classes or school changes, to hope for the learning and growth that will happen this year.

The activities in this Stress Point Support offer simple practices that may help you navigate new school year stressors while supporting the family's spiritual, emotional, and mental well-being.

You may consider either sharing or using one or more of the following Back-to-School Stress Point Support resources:

- The *Parent and Caregiver* page with encouraging seasonal tips for adults
- The *Seasonal Tips* page with information about childhood development and practical ideas to support children of different ages
- The *Family Activities* page with practices and ideas for the whole family

With prayers for you and for families,
Your friends at RCL Benziger

“In the family, faith is handed on together with life . . . It is shared like food at the family table and like the love in our hearts. In this way, families become privileged places in which to encounter Jesus, who loves us and desires our good, always.”

Pope Leo XIV, Homily, June 2, 2025