

Back-to-School for Families and Students

Cyclic breathing, which emphasizes longer exhales, is a technique that has been shown to **lower stress hormones** and can be used by the whole family.



- Stanford University

11% of children in the U.S. have been diagnosed with **ADHD**.

- Centers for Disease Control & Prevention

The average family takes **77 minutes**



to get everyone out the door **each morning**.

- Ipsos Market Research



Nearly **one in four** college students today are **over the age of 25**.

- National Center for Education Statistics



64% of children experience school-related anxiety, and **50%** of mental health conditions **begin by age 14**.

- Nemours Children's Health & American Psychological Association

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Back-to-School for Families and Students Toolkit