



FREE

Back-to-School Routines

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Local Licensed Clinical Social Worker addresses the science behind journaling

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Our writer gives insight on hobbies which benefit our mental health

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Learn about what passive incomes really look like in 2026

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August 2026





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Our Mission

Your Bliss explores the human spirit, the wealth of relationships, mental and physical health, and spiritual well-being. We celebrate moments of achievements, triumphs and patience for diverse audiences. Our goal is to bring you information that you can use to explore and celebrate health, wealth, happiness, and spirit.

With the ever-expanding nature of technology, knowledge and healthcare, there is a growing supply of data to take from. With Your Bliss, we find the information for you and put it all in one place. Every month, we bring you new articles on a wide range of topics so you can live a fulfilling and whole life.

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Sunlight's Impact on your Mood and Energy

By: Hana Dawood

Have you ever noticed that you feel more motivated on a bright, sunny day compared to a dark and cloudy one? Sunlight can have a greater impact on our mood and energy more than we may realize. Although spending time outside will not solve every problem, getting more natural light throughout the day can help you feel more awake and emotionally balanced.

One of the main ways sunlight affects us is through our circadian rhythm, which is the body's internal clock. This internal clock helps control when we feel tired and when we feel awake. When sunlight reaches our eyes in the morning, it signals to the brain that it is time to wake up and become more alert. This is why opening the curtains or stepping outside shortly after waking up can make it easier to start the day. Getting morning sunlight may also improve sleep at night. When the body receives natural light earlier in the day, it can better understand when it should feel awake and when it should begin preparing for sleep. Having a more consistent sleep schedule can lead to better rest, which can then improve energy levels the next day.

Sunlight can also have a positive effect on mood. Natural light is connected to "happy hormones" that



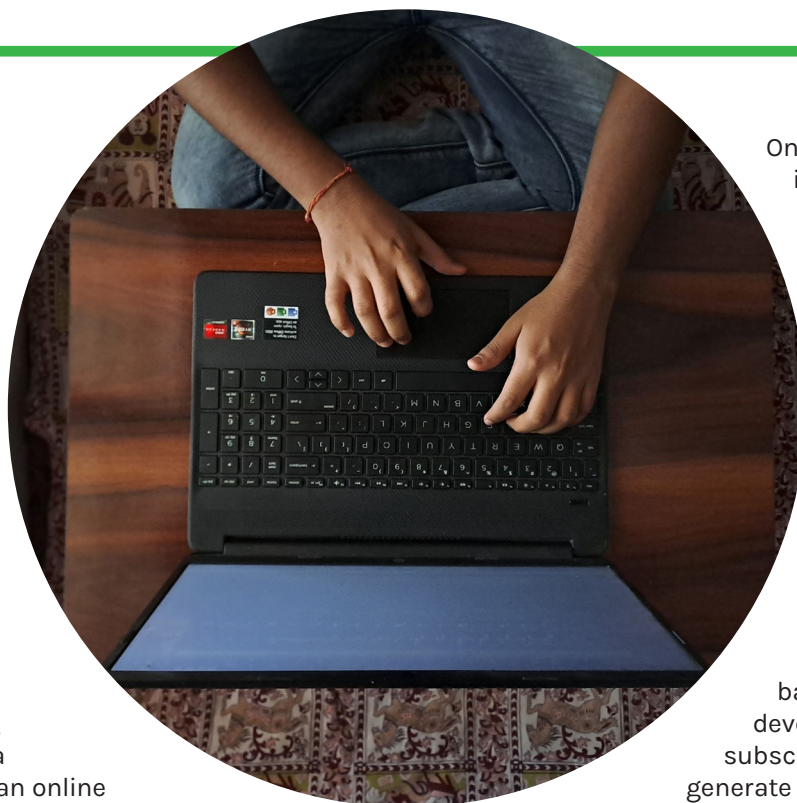
play a role in emotional well-being. Lower levels of sunlight during the winter months may contribute to seasonal affective disorder, a type of depression that occurs during certain seasons. People may experience low energy, sadness, difficulty concentrating or changes in sleep. Even for people who do not experience seasonal depression, spending more time in daylight can help make the day feel more refreshing. Being outside may provide a break from your daily responsibilities. It can also give you the opportunity to move your body and clear your mind.

Combining sunlight with movement may be especially helpful. Even a ten-minute walk can help you feel more awake and provide a mental reset during a busy day. It does not have to be a long workout to make a difference. While sunlight can support mood and energy, it is still important to protect your skin when spending longer periods outdoors. Wearing sunscreen, seeking shade, staying hydrated and avoiding direct sun exposure during peak hours can help reduce the risk of skin damage. And sometimes, improving your mood and energy can begin with something as simple as opening the blinds.



Passive Income Trends in 2026

By: Usman Mehmood



Passive income, that concept of making money while you sleep, has always seemed like a good idea, but in 2026, passive income has evolved more than just a shortcut, it's about setting up sustainable systems. People are getting creative in the ways they are able to make more money these days, whether it's through technology or new opportunities in the digital world. The thing about passive income now is that it generally takes work in the beginning. It can be designing digital products, investing in a sound strategy or developing an online presence, with the aim being to build sources of income that will keep going to earn money over time – with little or no maintenance on the part of the owner.

Creating digital products is one of the most popular passive income ideas in 2026. Whether it's an eBook, online training course or design samples, educational assets and guides, creators are making their expertise available and sellable over and over. Everyone from different fields is finding their skills useful, and when a product is created, it can offer a return of investment for months or even years.

Another emerging trend is the investing into stocks that pay dividends and exchange-traded funds (ETFs). Investments are always risky, but many people are now considering different ways to invest that will give them regular dividend payments as well as the possibility of portfolio growth. Investors are looking for consistency and stability over quick profits. Content creation is also continuing to grow as a viable passive income source. You can monetize using blogs, YouTube channels, podcasts, and newsletters, through advertising, sponsorships, affiliate marketing, and memberships. While it's a commitment to build an audience, good content can continue to draw in traffic long after it is published.

Intelligent technologies have also opened up completely new opportunities. AI tools are being employed by a lot of businesses to cut down on content creation, automate customer support chatbots, create digital resources, and enhance online businesses. AI is not taking the place of creativity but rather helping people to get more done with less and multiply their passive income efforts.

One of the other popular methods is affiliate marketing. When someone clicks on a link and buys a product or service linked to a person's website, it results in earning a commission. When people give a link to a product or services and a person clicks on it and makes a purchase, they earn a commission. Trust is crucial to affiliate marketing and authenticity and helpful recommendations are paramount. Subscription-based businesses are also developing in popularity. Recurring subscription models can be used to generate a consistent source of monthly revenue, while also building a longer-term relationship with customers, providing exclusive access to educational content, premium communities, industry insights, and other premium resources.

While real estate may be a popular investment option for those who want to earn passive income, the strategies have evolved. In addition to buying rental properties, there are other ways that many people have come to invest in real estate nowadays, including the real estate investment trusts (REITs) or fractional ownership platforms that don't require a ton of cash to participate.

The licensing of creative works is also becoming a popular opportunity. Photographers, musicians, designers, writers and software developers are monetizing their work on online platforms and making multiple streams of income from a single product over time. With the increasing opportunities one thing remains constant: passive income is not passive in the initial stages. It takes preparation, instruction, uniformity and persistence to see positive outcomes. People with realistic expectations are more likely to be able to create a better and lasting financial base than those looking for a quick get rich scheme.

The concept of passive income is evolving as 2026 transforms the digital economy and making the role of finding the ideal idea less crucial and more about using skills, technology, and long-term thinking. Having a variety of strategies that build upon one's own strengths and a commitment to learning and improving can lead to additional income opportunities that help achieve increased financial flexibility, independence and security in the future.



Journaling for Self-Discovery

By: Saffi Rigberg, Licensed Clinical Social Worker, Ott Counseling PLLC

I was a sophomore in college and I was very confused. The initial excitement of freshman year had waned and my mind was like the airport the Sunday after Thanksgiving: overcrowded and overstimulated. I was processing new ideas, new concepts of myself, and the world that came at me so fast. I could not keep up.

I started keeping a journal. I knew that journaling was “a thing” some people did. At first, I tried hard to make my thoughts sound smarter than they were, something I struggled with when I was around other people. Over time, journaling became a process of casting aside the judgment I had for myself and letting myself express exactly how I felt and what I thought, without repercussion.

These days I see journaling being talked about a lot, especially over social media. It's usually within the context of, “my therapist is telling me to journal,” met by a cyberspace eye roll. Meaning, “my therapist clearly does not know what to do, so they are just telling me again to journal.”

Or it's, “I asked ChatGPT how to move on from my divorce and it told me to journal.”

So, is journaling just an overhyped band-aid solution to whatever problem you are facing, or does it have merit?

The Laboratory of Neuro Imaging at the University of Southern California found that the average human brain generates about 70,000 thoughts per day. Many of those thoughts are considered to be mental “chatter.” Journaling, along with other techniques that help us remain in the present moment, has been shown to help quiet the noise. Handwriting in a journal, typing on a computer or phone, or even voice journaling is slower

than thinking. It forces us to take the time to be still and reflect.

Further research into the impacts of journaling has been found to lower blood pressure. Stress is also lessened after writing in a journal, and consistent journaling can even improve our immune system because of the overall reduction of stress. Journaling anxieties and fears before going to sleep has been shown to improve sleep quality. For individuals who experience mood disturbances, journaling can help keep track of when these occur and what the triggers could potentially be.

Processing trauma can be benefited through writing and journaling. It forces the individual to confront what happened and bring it to light. Specifically, there are studied therapies that incorporate structured writing and journaling into trauma therapy, Cognitive Processing Therapy being one of them.

If you're saying to yourself now, “OK, but how do I start?” try using one of these prompts:

Five things I saw today that caught my eye were:

The last time I felt insecure was:

Something that scares me is:

I'm grateful for:

And then reflect on “why?” Why do I feel the way I feel? Why did I react the way I did? Through building a better understanding of ourselves we learn to live more intentionally and create a life that is more in line with our morals, our needs, our standards, and our goals.

Integrating AI into Health and Wellness

By: Waseem Syed, Data Analyst, Manage Your Business LLC

It is 8:47 p.m. The last client left hours ago, but the lights are still on. A half-written newsletter sits open beside tomorrow's appointment schedule. There are unanswered emails, session notes to organize, and three social media posts that were supposed to go live last week.

For many health and wellness business owners, this is what "being your own boss" actually looks like.

Artificial intelligence can help. Not as a substitute for professional judgment or human care, but as an assistant for the repetitive work that consumes so much of the day.

In simple terms, AI is software that can create drafts, summarize information, organize ideas, answer routine questions, and automate basic tasks. A yoga studio could use it to plan a month of social media content. A nutrition coach could turn a few rough notes into a newsletter. A physiotherapy clinic could summarize staff meetings, while a gym could automate membership reminders and follow-up messages.

The real benefit is not futuristic. It is practical: fewer blank pages, fewer forgotten follow-ups, and less time spent repeating the same administrative work.

Still, AI comes with limits. It can produce incorrect information, misunderstand context, or write content that sounds polished but says very little. Anything involving medical guidance, client records, or sensitive personal information needs careful human review. Private client details should never be entered into an AI tool unless the platform has appropriate privacy protection and the business is authorized to use it that way.

The best approach is to start small. Choose one task you dislike but perform regularly. It might be drafting appointment reminders, creating captions, summarizing meeting notes, or brainstorming weekly content. Use AI for the first draft, then edit it until it sounds like you.

That last step matters. Clients do not choose a therapist, trainer, coach, or clinic because its software is impressive. They choose people they trust.

AI's most valuable role, then, may be quietly unglamorous. It handles part of the paperwork while the professional stays focused on the person in front of them. The future of wellness may involve more technology, but if it is used wisely, it could also leave more room for something deeply human: attention.

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Trending Back to School Routines

By: Victoria H

Back-to-school season is full of excitement and new experiences. New teachers, new friends, and new challenges help children learn and grow. While these transitions can be exciting, they can also bring stress and uncertainty for both children and parents. These challenges don't have to be extended into your home! Establishing small routines can help reduce stress, create consistency, and set everyone up for a smoother school year. Here are a few ways to make your back-to-school routine easier and more manageable.

Making sure the routine is as streamlined as possible can be a big help. Having designated places for commonly used items can make busy mornings and afternoons much less stressful. Consider placing a basket or container by the door for bookbags and school items. Designate a specific work surface or folder for homework, permission slips, and documents that need to be signed. You can also create a special bin in the refrigerator for lunchboxes and snacks, making them easy to grab and go! After school, a bin on the counter can be a convenient spot for lunchboxes until they're cleaned and prepared for the next day. Another great time-saver is creating a space to lay out outfits the night before. Eliminating morning decision-making can help children get ready more efficiently and reduce last-minute stress.

Mapping out the routine for your children can help foster independence and lighten your mental load. Simple picture schedules can guide younger children through each step of the way. For example, a picture of a shirt can represent getting dressed, followed by a picture of breakfast, and then a toothbrush to signal it's time to brush their teeth. These visual cues can make routines feel predictable and easier to follow.



For older children, checklists can be just as effective. A checklist might include homework, emptying lunchboxes, packing backpacks, or gathering equipment for after-school sports and activities. To add excitement, decorate the schedules or checklists together! When children help create them, they're often more motivated to use them.

A good night's sleep is one of the most important factors in a successful school day. After a summer filled with later bedtimes and long days of fun, adjusting to a school-year schedule can be challenging. If possible, begin shifting bedtime routines several days before school starts. Try limiting screen time at least an hour before bed and choosing calming, low-stimulation activities in the evening. Help the whole family wind down by dimming the lights, speaking more softly, and following a consistent bedtime routine. Creating a calm and predictable environment can make falling asleep easier and help everyone wake up feeling rested. Well-rested children tend to have smoother mornings, improved focus, and are better equipped to handle the day.

Going back to school has its challenges. With these tips, hopefully you can find the best ways to get your family in a streamlined routine that creates as little stress as possible before and after school. By creating routines, using visual support, and prioritizing sleep, families can help reduce stress and build confidence during this important transition. Remember, no one knows your family better than you. These suggestions can be adapted to fit your family's unique needs, schedule, and lifestyle. Most importantly, be patient and kind to both you and your children as you navigate these big changes together. Change can be hard for everyone! You're doing great.

Hobbies That Can Improve Our Mental Health

By: Ayesha Khan

Life can often become overwhelming when most of our time is spent working, studying, and completing daily responsibilities. Having a hobby gives us an opportunity to relax and spend time doing something simply because we enjoy it. Hobbies are not only a way to pass the time but also have a positive effect on our mental, emotional, and physical health.

One of the biggest benefits of having a hobby is stress relief. Activities such as painting, baking, exercising, gardening, reading, or playing an instrument allow the mind to temporarily focus on something other than everyday worries. Creative hobbies can be especially calming because they encourage people to express their thoughts and emotions in a healthy way. Physical hobbies, such as lifting weights, dancing, pilates, or playing sports can also improve a person's mood while supporting their physical health.

Hobbies can also create a sense of accomplishment. Learning a new song on the piano, finishing a book, completing a project, or improving at a skill can make someone feel productive and confident. Unlike work or school, hobbies typically don't have rigid deadlines or expectations. Instead of concentrating just on the outcome, they let people make mistakes, learn at their own speed, and enjoy the process.

The best hobby is one that fits naturally into your lifestyle and makes you feel refreshed. Finding the right hobby may take some trial and error. A good place to begin is by thinking about activities you enjoyed as a



child or interests you have always wanted to explore. Someone who enjoyed drawing as a child might try painting pottery or digital art. A person who loves music could take singing lessons, learn an instrument, attend concerts, or create playlists. It may also help to consider whether you prefer activities that are creative, physical, relaxing, social, or adventurous or perhaps a mix of all. I myself have a variety of hobbies I enjoy that are all different from each other.

In 2026, a lot of individuals are becoming interested in hobbies that provide a break from constant screen time.

Traditional hands-on activities such as crocheting, knitting, scrapbooking, baking, puzzles, pottery, and embroidery are becoming popular again. These comforting activities are sometimes called “grandma hobbies,” but younger generations are embracing them because it can be calming and reduce digital overload. Social hobbies, including running clubs, book clubs, craft nights, and pickleball are also trending because they combine personal enjoyment with real-life human connection. Other growing interests include collecting, building LEGO sets, 3D printing, photography, and content creation.

Ultimately, hobbies serve as a reminder that our free time does not always need to be profitable or productive. Whether the activity is trending or unique, a meaningful hobby can help reduce stress, build confidence, foster creativity, and improve balance and happiness into daily life.



Avoiding Burnout: The CEO's Recharge Station

By: Faizan Haq, Editor-in-Chief and Publisher, Your Bliss Magazine
President & CEO, Manage Your Business LLC



Running on empty. Running out of gas. We hear these phrases whenever burnout becomes part of the conversation. The truth is, burnout is not a weakness; it happens to all of us. No matter how capable or successful we may be, there comes a time when the tank runs low and we must recharge.

The first step in avoiding burnout is knowing yourself. What truly restores your energy? While many people search for complicated solutions, the greatest recharge station is remarkably simple: love.

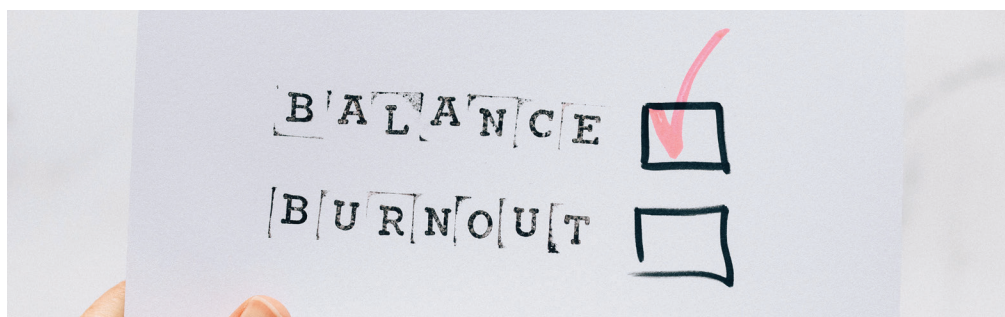
Love has many names. It can be the support of family and friends. It can be expressed through care, compassion, and service to others. Most people associate love only with intimate relationships, but love also exists in workplaces, communities, and teams. A leader who genuinely cares for the people they work with creates an environment where support flows in both directions. In caring for others, we often discover that we are recharging ourselves.

A CEO carries tremendous responsibility. Yet when leadership is rooted in care rather than obligation, the burden changes. You begin to see that nobody is merely working for someone else; instead, people are working with and for one another.

However, recharging requires intentional boundaries. In today's digital world, we often become disconnected from the people next to us. Sometimes the healthiest response is simple compartmentalization: the shop is closed. Work can wait.

Instead, connect with your surroundings. Spend time with family. Help a child with homework. Care for aging parents. Tend a garden. Prepare a meal. Rest your eyes from screens and allow yourself to appreciate the natural world around you. These moments are not distractions from life—they are life.

Ultimately, burnout is not solved by following trends or copying what recharges others. Find what restores you psychologically, socially, physically, and spiritually. Above all, embrace love—the love we share with others, the gratitude we carry for life itself, and the recognition that our abilities, relationships, and opportunities are gifts. When we appreciate them fully, we do more than recharge. We reconnect with the very reason we work, lead, and live.



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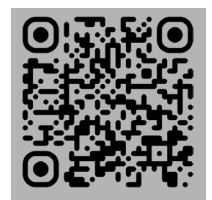
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Media Corner: A Review of *The Burroughs*

By: Alex Tilton

This show needed a surgeon general's warning: 'Dangerously addictive, can easily be binged in a single weekend leaving you desperate for the next however many years it takes for them to film the next season.'

The Burroughs is what happens when a show knows its identity and swings for the fences. Our setting is an upscale retirement community in the desert where Sam Cooper (a retired engineer played by Alfred Molina) has gone to spend his twilight years at the urging of his daughter. He is **not** happy about any of this and only goes under protest.

Once he's there, he has a few things to contend with. He doesn't want to live in what he regards as 'God's waiting room', and he questions why his life is worth living now that his wife has passed away. But then an odd thing happens, he makes a friend. That friend dies under extremely suspicious circumstances with some kind of strange creature draining his spinal fluid.

I won't spoil anything else, because you should absolutely go and watch this for yourself. This show blends several themes together in a very tight, engaging story. But it's not just a story about getting older, it's about making peace with getting older and finding meaning in the years after your working life. The characters aren't flashy, young hip actors, they're seasoned veterans who've been doing this a long time. They're good at this, and it shows.

The writing is refreshingly honest, if a little predictable. The one complaint that I have about this show is that it pulls its punches a little too much, resulting in some predictable 'twists'. But that aside I really



can't find anything wrong with it. *The Burroughs* includes many different kinds of characters without ever feeling preachy. They aren't there so the show can say they're there, they just exist organically as a part of this world.

The central plot revolves around what appears to be a quasi-supernatural predator species preying on the elderly inhabitants of this community, and this was where it got a little predictable. Without spoiling anything else, I'll just say that I found myself saying "Ah, he's going to figure out X-Y-Z and then...". To a certain extent this is a good thing, because it proves that the plot makes sense and the audience can follow it. But if you can't successfully misdirect the audience now and again then the 'twists' don't have any punch. And if I could change one thing about this show I would've given it more punch.

That being said, everything they do is done very well. The actors' chemistry is excellent, as are the pacing and character arcs. The writers did the intelligent thing by leaving the series open for another season without assuming they'll definitely get one, because...Netflix. My research indicates that Netflix considered the show a success, but whether it was successful enough is a question we won't get an answer to for quite some time.

Unlike *Stranger Things*, we don't have years to wait for a sequel in this case because a lot of the cast is, well... old. So, we can only cross our fingers and hope they get the lead out. This is a very strong recommendation from me, go watch it as soon as you can.

Edit: Netflix just announced they're canceling it...damn.





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A Doctor's Guide to Sleep Health

By: Dr. Riffat Sadiq, CEO, WNY Medical PC, Channel Creator

High quality sleep is one of the core infrastructures of good health, yet it is often neglected in today's overloaded lifestyle. As a physician, I witness on a regular basis how sleep deprivation affects both mental and physical well-being. When a person sleeps, the body strengthens the immune system, balances hormones, repairs tissues, and empowers the brain to manage information and replenish energy. Adults should get 7-9 hours of sleep every night to improve their overall wellness.

Sleep deprivation can elevate the risk of diabetes, high blood pressure, obesity, anxiety, depression and heart disease. It also minimizes memory, concentration, emotional stability and productivity.

Healthy bedtime routines consist of avoiding the consumption of caffeine late in the day, having a consistent bedtime and maintaining a routine of limiting screen time before bed. By incorporating these habits in our daily life, we can see that our sleep quality improves significantly.

In my point of view, giving priority to your sleep is a need of every individual. By prioritizing a healthy sleep routine, we can improve our overall health as it is good for strengthening our body.



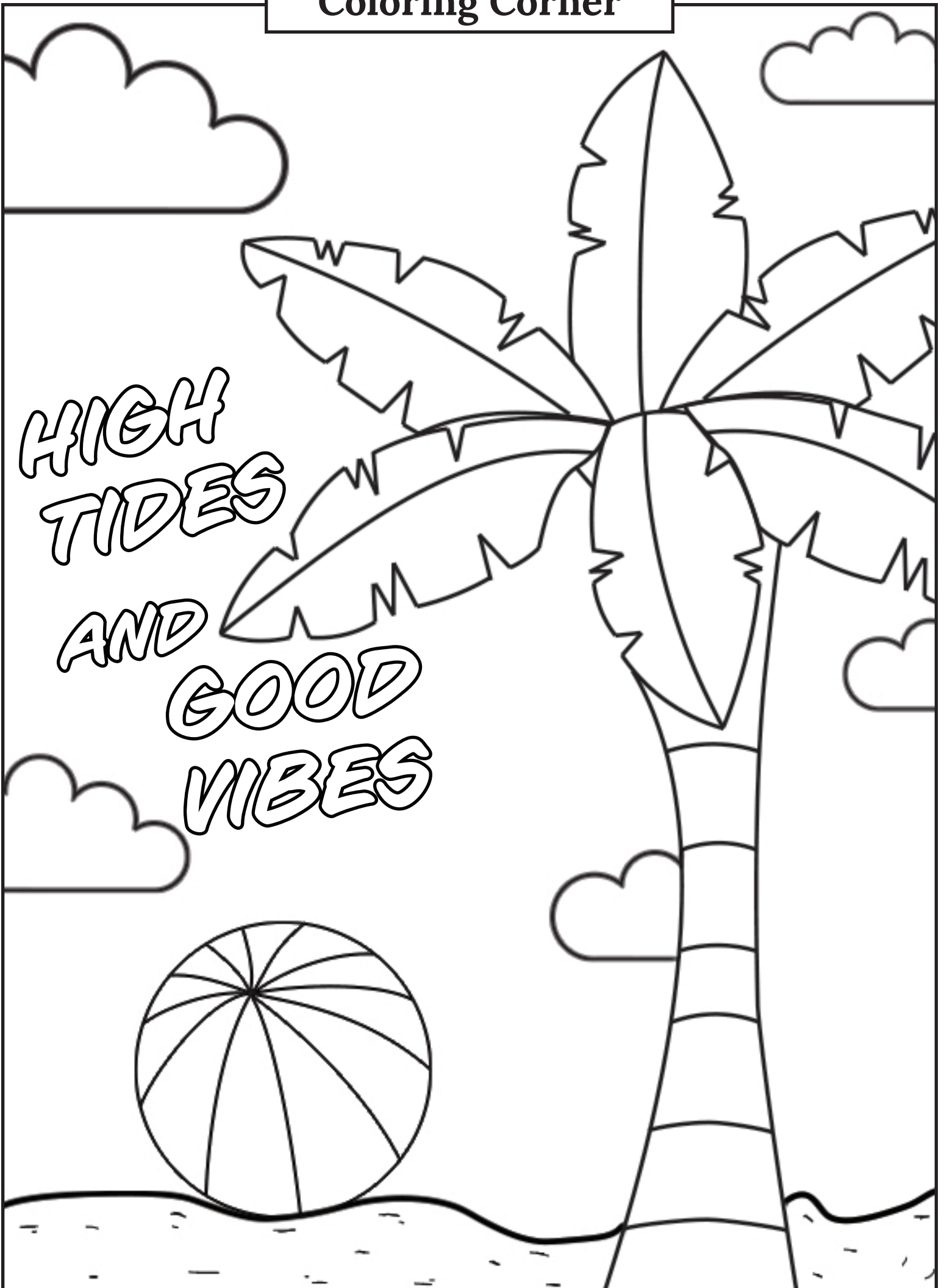
Dr. Riffat Sadiq: Restoring Self

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Coloring Corner

HIGH
TIDES
AND
GOOD
VIBES



Cucumber Salad, Hummus & Pita Bento Box Lunch

EatingWell.com

Time:
15 mins
Servings: 1



Ingredients:

- 1/4 cup chickpeas
- 1/4 cup diced cucumber
- 1/4 cup diced tomato
- 1 tbsp diced olives
- 1 tbsp feta cheese
- 1 tbsp chopped parsley
- 1/2 tsp extra-virgin olive oil
- 1 tsp red-wine vinegar
- 2 ounces grilled turkey or chicken
- 1 cup grapes
- 1 whole wheat pita
- 2 tbsp hummus

Directions:

- 1) Toss chickpeas, cucumber, tomato, olives, feta, parsley, oil, and vinegar together and pack in a medium container.
- 2) Place turkey or chicken in medium container.
- 3) Pack grapes and pita in small containers and hummus in a dip container.



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