

Three Ways To Cope With Back-To-School Stress

(NAPSA)—For most parents, the start of a new school year can't come soon enough. Sixty percent of moms and dads polled in a new Yahoo! Shine survey (Ipsos OTX MediaCT) say they are extremely excited for summer break to end. But ramping up for the first day of classes can be hectic and frustrating, as parents race to gather school supplies while watching their wallets.

The pressure to buy trendy brands is as fierce as ever. Half of the parents surveyed said they buy their children "hip" or "trendy" brands to help them be more "popular" or "cool" at school. And families also say they are gearing up for a busy year of after-school activities. Three-quarters of the 2,001 adults surveyed say their children participate in at least two extracurricular activities.

How can families enjoy a fresh start in the Fall while keeping the stress at bay? There are lots of ways technology can help parents manage spending and scheduling. Here are a few tips from Yahoo! Web Life Editor Heather Cabot:

•**Organize Your In-box.** For starters, you can get a handle on electronic clutter in your in-box by



Using the latest technology can help you manage the flow of electronic clutter in your in-box—and stay on top of the latest trends.

making use of the new Yahoo! Mail service. The new mail format allows you to access the Web tools you use most without leaving your in-box.

From tracking your back-to-school purchases with the All My Purchases App to instantly responding to Facebook messages and sending PTA meeting Evites, Yahoo! Mail is the hub for all your e-traffic and will help you earn "Supermom" status.

•**Get More Done With Apps.** Instead of wasting time searching through a marketplace of hundreds of apps to find the best grocery list maker, calorie

counter or comparison shopping tool, now you can take all the guesswork out of finding the apps you need most. Yahoo! AppSpot is a fast, easy way to discover new apps that are just right for you. Each day, you get daily picks based on the apps you already use and that are most important to you. For more information, visit appspot.yahoo.com.

•**Don't Miss Out On Deals.** Don't waste time surfing the entire Web for sales and promotions. Instead, let Yahoo! Deals do the coupon clipping for you. The deal website scours the Web to find coupons, sales and bargains to save you money.

At deals.yahoo.com, visitors can find everything from cheap daily deals to codes for online coupons, free grocery coupons and printable local coupons for all their favorite stores and products.

Plus, committed bargain hunters can sign up for deal newsletters from coupon sites, including RetailMeNot.com and FatWallet.com, for instant alerts on sales.

According to Cabot, a little organization can go a long way when it comes to organizing your online life, finding bargains and reducing back-to-school stress.