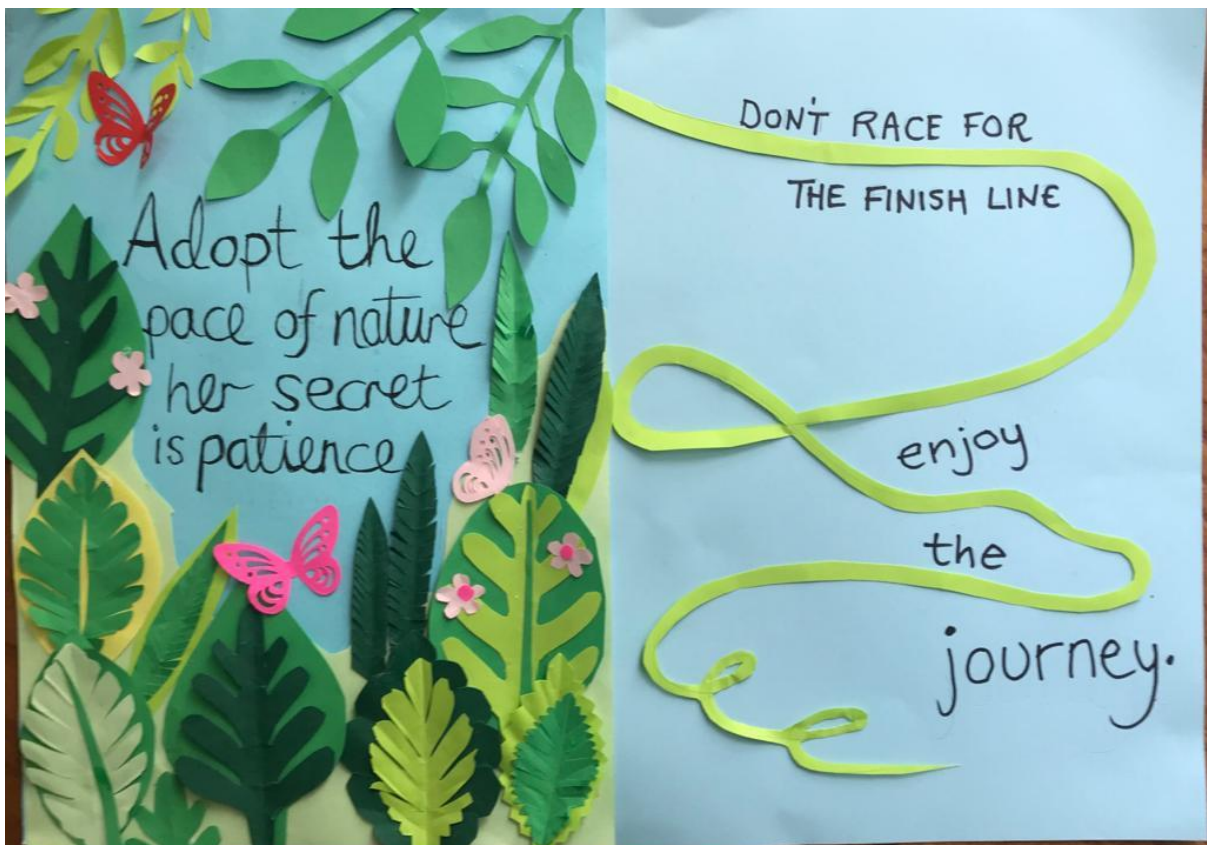


Summer Self Care

Use the Summer break as a time to relax, have fun and feel restored. It can be tempting to cram in as much as possible and end up being busy which can result in you feeling more tired and frazzled. Instead make sure to balance your time between relaxing and looking after your mind and body by eating refreshing, healthy foods and practicing some mindfulness. Enjoy spending time in nature as this is good for the soul and why not try a new hobby or develop a skill which will give you a sense of accomplishment and achievement. Use the time to tick things off your To Do list which in turn will help you to feel lighter, and spend time with family and friends as connecting with others is enriching and will release those happy hormones!

Make every day count and express gratitude daily 😊



Self-Care During the Summer:

1. Meditate daily
2. Check-in through journaling
3. Try a new hobby
4. Leave your phone
5. Set boundaries
6. Spend time outside
7. Maintain a sleeping schedule
8. Be active (but have fun)
9. Connect deeply with friends
10. Give yourself a break!