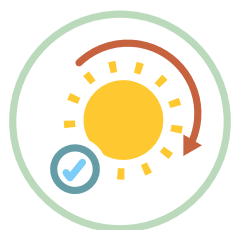


Start Your Summer Right: **Summer Wellness Tips**



Longer days, warmer temperatures and a shift in routines make summer the perfect season to reset, refresh and recharge. Whether you're looking forward to beach days, weekend hikes or a slower pace, a little planning can go a long way in helping you make the most of the months ahead.

Summer officially began June 20, so now is the time to set yourself up for a season of balance, fun and well-being. Here are some ways to feel your best while making the most of everything summer has to offer:



Build a healthy summer routine.

Some examples include adding movement by walking or biking instead of driving or swapping out heavy meals for fresh fruits and grilled vegetables.



Spend time outdoors. Spending time outdoors, even just for a few minutes each day, can help reduce stress and improve mental clarity.



Develop a plan for sun safety.

Protect your skin with broad-spectrum sunscreen and wear sunglasses, a wide-brimmed hat and lightweight protective clothing. Also, watch for signs of heat-related illness.



Schedule vacations early to avoid stress. Set clear expectations with your workplace about time off and use your vacation days to truly disconnect and recharge.



Try something new. New activities or hobbies add excitement and support your mental wellness by reducing stress and sparking creativity.



Stay hydrated and beat the heat. Drinking enough water each day helps regulate body temperature, keeps your joints lubricated and supports energy levels.



Refresh your mental space. It's important to check in on your mental health, prioritize downtime, unplug from devices, and spend quality time with family or friends.



Join local activities and programs. Take advantage of what's happening near you to meet neighbors, support local vendors and stay active in fun, low-pressure ways.

You don't need a packed schedule to enjoy summer. Small, intentional choices can help you feel balanced, energized and ready to make the most of the season. Talk to a trained medical professional if you have any wellness concerns.