

Alleviate Summer Stress

While summer is often associated with relaxation and enjoyment, it can also bring unique stressors that disrupt routines and impact mental well-being. Recognizing these and learning how to address them are crucial for making the most of the season. Here are 10 practical tips to alleviate summer stress.



Identify your triggers. Understanding what triggers your anxiety or stress is the first step toward managing it.



Prioritize outdoor time. Enjoy the longer days and warmer weather by spending time outdoors to reduce stress, boost your mood, and enhance cognitive functions.



Maintain a routine. A consistent daily routine can stabilize your mood and reduce stress. Prioritize regular sleep, a balanced diet, and scheduling downtime and relaxation.



Stay hydrated and cool. Combat heat-induced stress and anxiety by staying hydrated, seeking cool environments, and wearing breathable clothing.



Plan and budget wisely. Plan ahead for summer activities by budgeting, exploring low-cost options, or financially preparing for vacations.



Practice mindfulness. Incorporate meditation, breathing exercises, or yoga into your daily routine to calm your mind and reduce stress.



Stay connected with loved ones. Maintain connections with family and friends for support and stress relief.



Get adequate rest. Get 7-9 hours of quality sleep each night to aid in stress management and body recovery.



Engage in physical activity. Activities like walking, workouts, or sports can reduce stress, enhance mood, and improve overall health.



Set realistic expectations. Set realistic expectations for summer activities, avoid overcommitting, and make time for relaxation.



By incorporating these tips into your summer routine, you can better manage stress and enhance your overall well-being, ensuring a more enjoyable and balanced season. Contact a trained health care provider if you need additional help managing stress.