



# A Summer to Unwind

Tips to destress, unplug, and  
RELAX this summer

**When was the last  
time you took some  
time to escape?**



When we're young, summer means getting away from school, sleeping in, and spending days by a swimming pool.

However, as adults our summers tend to be no different from any other potentially stressful time of the year. However, that doesn't have to be the case!

We may not be able to revisit the good "old days" of carefree summers, but there are several practices we can implement to ensure we get in some quality R&R.

It just make take a little more forethought, planning, and conscious effort on our parts to ensure we take the time to destress and unwind.

The following are some tips to help you recharge your batteries and make the most of your summer!

# 10 Ways to Relax this Summer

1. **Take some time to spend outdoors.** When we spend our time in nature, it naturally calms us and gives us a feeling of inner peace. The bonus is natural sunlight, which gives us our vitamin D – great for the bones and a mood booster.
2. **Unplug from technology.** Use the summer as an excuse to be in vacation mode. Even if you only can do this once a week, take that time to connect to nature by unplugging from technology.
3. **Start a fitness program.** Go hiking, bike riding, etc. Do something new and fun! Make it better by bringing a friend.
4. **Slow down.** It's summer; start living mindfully by doing one task at a time, enjoying the beauty around you and living in the moment.
5. **Spend time with friends and family.** Set up date nights and fun nights! The days are longer, so it's a great time to really go out and have fun!
6. **Do activities you really love.** Read the book you never had time to, try out that recipe you've bookmarked for ages, or go to the beach and relax. Whatever brings you "flow." This is the time to do it!

7. **Step outside of your comfort zone.** Try something new. It can be something simple like trying a new drink or food or going to a new restaurant. Every time we try something new, we take a risk and feel a boost of happiness.

8. **Take some time off.** Use some personal days from work and have some free time with no expectations. It doesn't matter if you go on vacation or just take a walk; just enjoy some time off!

9. **Create some "me time."** Try waking up just 10 minutes earlier in the summer to enjoy a quiet cup of coffee. Or set aside a few minutes in the day to relax and just be!

10. **Breathe.** Even with nice weather and longer days, we still can get stressed. So, when you feel the stress coming, take a moment to close your eyes and take a deep breath. It works!



Tension is who you think  
you should be.  
Relaxation is who you  
are – Chinese Proverb

