

Tips to keep your cool this summer

Summer should be a time to relax, but busy schedules and high temperatures can turn up the stress. Whether you're juggling vacations, family plans, or just trying to stay cool, these simple tips can help you manage stress and enjoy the season.



Stay hydrated and nourished.

Dehydration can increase anxiety and stress. Drink plenty of water and eat balanced meals with fruits and veggies.



Move in ways you enjoy.

Exercise boosts mood and reduces stress. Try early morning walks, swimming, or indoor workouts.



Balance connection and calm.

Social time is important, but so is alone time. Prioritize rest and activities that bring you joy, not just obligations.



Take mental health breaks.

Just 5-10 minutes of deep breathing, meditation, or quiet time can reset your mind and reduce stress.



We're here when you need us.

Looking for support to manage stress? We make it easy to get care for your mental health anytime, anywhere. **Scan to get started!**