

SUMMERTIME SELF-CARE



Self-Care Ideas for Summer

Summer is a great time to think about self-care. With warmer weather and long days full of sunshine, there are more opportunities than ever to switch up your routine and enjoy what the season has to offer. Here are a few ideas to consider and help you make the most of your summer!

1

Create a summer bucket list.

As summer kicks off, we often have lots of ideas for how we want to spend it. Sometimes we are disappointed when the season wraps up and we didn't accomplish what we wanted. Prioritize what's on your list so you know what activities or tasks will make your summer.

2

Read a book.

Reading is a great way to relax on the road, in the shade, or on the beach. Unplug from technology and escape reality for a while. Novels aren't your thing? Try a biography or collection of poems or short stories. Even a cooking or home décor magazine can do the trick.

3

Meditate outside.

Even just a few minutes of meditation is good for you at any time, but taking it outside is a different experience. Sit comfortably on a towel or blanket on the grass or sand, or you can sit on your porch or patio.

4

Plan a vacation – or staycation.

A change of scenery or time away from the usual routine is a must for mental wellness. If a vacation isn't possible, be creative with staycation ideas: try a nearby boutique hotel, enjoy a day trip to a trail, winery, or amusement park, go camping, or pitch a tent in the backyard.

5

Visit a Farmer's Market.

Nothing beats fresh produce that's grown and picked close to home. Find a pick-your-own farm and enjoy the outdoors as you gather groceries. Stock your fridge with nutritious fruits and vegetables for snacks and meals all summer long.

6

Make a summer playlist.

We all have some favourite summer tunes that make us smile and get us moving. Music can help improve your mood, so find those songs you love and play them on repeat.

7

Eat al fresco.

Make the most of the weather and sunshine by enjoying meals outside. Eat family dinners on the patio or have a picnic lunch in the park. Sip your morning coffee in the garden or your evening tea watching the sunset on the porch.

8

Treat yourself.

Eating healthy is important, but balance is key. Allow yourself to enjoy your favourite summer treat now and then – you’ll savour it even more!

9

Create a calming space.

You don’t have to spend a lot to create a comfortable area where you can relax, unwind, and enjoy some me-time. Make an outdoor reading nook with pillows and potted plants, install a hammock in the shade.

10

Plant a garden.

There is something about putting your hands in the soil. Spending time tending to a garden can help improve your mood and reduce stress. Grow vegetables or herbs to include in your cooking, or grow flowers to brighten your space. Container gardening is a great option if you don’t have a backyard.

11

Start or continue a journal.

Take time to reflect and check in with your emotions. Write what’s on your mind: ideas, worries, goals. Even doodling can be relaxing as you enjoy a beverage on the deck. Gratitude journals are a great way to acknowledge the things you are thankful for and can transform your mood if you’re feeling frustrated or blue.

12

Discover something new.

Search out a new park or area of town you’re not familiar with. Try a new outdoor activity like golf or pickleball. Summer weather and lots of daylight make summer the perfect time to be outside and move.

13

Play!

Let out your inner child and rediscover the toys loved as a kid. Grab a skipping rope, chalk, or bubbles or run through the sprinkler. This is a great way to spend family time with the kids or even with your spouse or friends. It’s sure to bring a smile to everyone’s face!