

MAXIMIZE THE SEASON

Say No to Summer Guilt



Backyard BBQs, family vacations, day trips to the beach, outdoor concerts... there's plenty to look forward to when summer comes around. Many of us start with an endless list of amazing ideas that will make for an epic summer. But often, as the end of summer nears, the guilt begins to set in. Perhaps you didn't tick all those activities off your list, the kids didn't accomplish as much as you'd hoped, you didn't stick to your workout routine, or you find that you neglected your budget and overspent. It's time to say no to summer guilt and here are some tips to help you do it.



DON'T OVER PLAN

Creating a wish list of summer activities is great, but they can be ideas rather than *must-do* items. Be realistic about what you can fit in and focus on what's important to you. Maybe it's swimming as much as you can, checking out that new spa, staying consistent with your exercise routine, or simply enjoying quality time with family. Identify what you value and create your summer plan around that. And remember to be in the moment and savour the little things that make lasting memories!

SCHEDULE IN FREE TIME

Work doesn't stop because it's summer, but you do need to make time to recharge. Take advantage of vacation – even if it's simply an opportunity to hang out at home with your family. Quality time away from the office is good for you and your productivity, and you won't regret that break when September rolls around. When it comes to household chores and to-do lists, focus on what's necessary and leave time for fun and relaxation – without feeling guilty about it!

AVOID COMPARISONS

As summer approaches you start to hear everyone's exciting plans. Or maybe summer is wrapping up and co-workers are swapping travel stories, but you stayed home. Then you see your friend's social posts celebrating her summer of fitness goal successes and you realize you didn't work out as much as you'd planned. Such comparisons aren't helpful or productive. Remember that you define what a "good summer" means to you. It doesn't have to be expensive or thrill-packed. It needs to be about what makes YOU happy.

SPEND WITH INTENTION

More than a quarter of Canadians feel stressed about summer spending. Avoid that stress by planning your summer around what matters to you. Enjoying summer doesn't mean you have to jet-set to a tropical beach or fill your weekends with costly excursions. Discover what's happening in your community and take advantage of no or low-cost activities like parks, pools, music and street festivals, and outdoor movies. This can alleviate the stress of summer spending and still allow you to enjoy time with family and friends.

REFLECT ON WHAT YOU DID

Summer guilt tends to focus on all those things we didn't get around to doing. Summer is three months long, so by the end of it, you may have forgotten some of the fun things that happened at the start. When you start feeling guilty about not doing more, take a moment to remember what you DID do. Celebrate and appreciate those experiences and memories. By the way, those lazy summer days chilling by the pool with a book aren't anything to feel bad about either!

Sources: www.cpacanada.ca/en/the-cpa-profession/about-cpa-canada/media-centre/2019/may/more-than-a-quarter-of-canadians-stressed-about-summer-spending-cpa-canada-survey | <https://www.verywellmind.com/what-to-do-when-your-summer-reality-doesn-t-meet-your-summer-expectations-5189257>
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