

MAXIMIZE THE SEASON

Refresh & Recharge



Many (perhaps most) people look forward to the summer. The sun is shining, the weather is warm, and it's an opportunity to have some well-deserved downtime. Making the most of summer doesn't mean filling it to the brim with activities. Relaxation is key, but so is being mindful about how you spend your time. Maximize the season so you're refreshed and ready to take on the return to routine once summer inevitably comes to an end.

1 DISCONNECT - AND DO IT WITH PURPOSE

We hear this tip all the time, but it's a great one to put into practice whether you're planning a vacation or staycation. Time away from email, social media, news feeds, and phone calls is a great way to step away from technology and all the pressure to be available that comes with it. Temporarily delete apps that tempt you to check for updates. Set an emergency contact method so work can reach you if something urgent comes up. Taking these steps beforehand will make it easier to stay offline. And disconnecting is more than just a chance to "check out" from the office. Unplugging should enable you to create the time and space you need to think about the important aspects of your life that don't get enough attention day-to-day.

2 APPROACH SUMMER WITH A GOAL MINDSET

Think about what you'd like to do or achieve over the summer, and make plans to accomplish it. This will help avoid disappointment about what you didn't do. Spend time on what you want to do, rather than simply on what you think you need to do or should do. With a little bit of forethought, you can create the summer vibe you want and one that will leave you feeling refreshed when it ends. One way to do this is to create a summer bucket list, which will help you be more mindful and intentional about how you spend your time. Check out these tips for creating your list.

3 PREPARE FOR THE RETURN TO ROUTINE

Before you head off on vacation, draw up a list of all the activities you need to tackle on your return so that you can readily prioritize your activities and you won't feel overwhelmed when faced with an influx of emails and projects. Knowing you have a project plan in place before you go frees up your mind from constantly thinking about your to-do list while you are away.

Summer Bucket List Tips

Write it down. You're more likely to act on your summer plans when you've taken time to document them. A written bucket list is a reminder of what you can look forward to, and gives you a way to look back and reflect on what you've done at the end of summer. These are both great happiness boosters!

Don't compare or compete. While it's fun to look at other lists for inspiration, the goal isn't to have the most ideas or the most adventurous activities. Keep your list to a reasonable length and be intentional about what you're adding. The point of your list is to help you spend your time purposefully and to do things that make you feel good.

Be flexible. There may be some specific things you want to do, but leave some activities open-ended. You also don't have to create the entire list at the beginning of summer. Add ideas as they come.

Pace yourself. There's no need to schedule the entire list in advance. Instead, decide on a few activities to knock off in the week ahead. This shouldn't be another to-do list that makes you feel anxious about getting everything done. The last thing you want a bucket list to do is to make you feel pressured or overwhelmed.



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