

Self-Care Through the Summer

It can be tough to relax over the summer when you are already feeling anxious about what the next school year will bring. While we can't fully anticipate what the fall will look like, we can take advantage of this time to recharge. Below are some tips for supporting your mental well-being throughout the summer.

Give yourself and others grace

- Reactions to stress are normal and occur on a continuum—feelings may be described using terms including: anxiety, worry, fear, energy, concern, frustration, confidence, boredom, loneliness, uncertainty and ambivalence.
- It's okay to not feel okay, but don't stay stuck there.

Create a plan for each day

- Be planful, yet flexible
- Include good sleeping and eating habits
- Build in time for pleasant and/or relaxing activities
- Act according to your plan, not how you are feeling

Take time to recharge

- Do one thing for yourself before the day is over
- Engage in at least one activity that leaves you feeling joyful
- Relax yourself through deep breathing, stretching, or meditating

Connect with others

- Make phone calls
- Send emails or letters
- Plan virtual get-togethers

Consider building a **Self-Regulation Plan** (National Center for School Mental Health)

For more Mid-America MHTTC resources, please visit <https://bit.ly/MAMHTTCResources>



Mid-America (HHS Region 7)

MHTTC

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