

JUNE WELLNESS: SUMMER STRESS MANAGEMENT



The unofficial beginning to summer has begun. Summer offers family time, outdoor activities, picnics, friend gatherings and time for your personal favorite warm-weather activities.

With so much going on, stress may also be present during the summer months. An article through the Mayo Clinic offers tips on how to manage summer stress. The article is based on stress management for families and children; however, the tips are useful for everyone.

“Practice good sleep hygiene.”

- * If you have school children at home, their sleep schedule is most likely different in the summer. Their sleep schedule, and general summertime activities, may impact your sleep, too. Studies have shown that maintaining a consistent sleep schedule (waking up at the same time each morning and going to bed at the same time each night) is the best for good sleep hygiene.
- * Be mindful of screen time (from smartphones, computers, televisions and tablets) too close to bedtime. This can interfere with the amount of melatonin produced; thus, negatively effecting sleep.

“Cultivate a sense of humor.”

- * A good laugh actually has physiological effects on the body that lowers stress. Laughing increases endorphins (the feel-good brain chemical), and lowers cortisol (the stress hormone). It can also relax muscles. Find humor with friends and family through watching comedies, telling funny stories and finding joy and humor in everyday moments.

“Strengthen family time through play.”

- * Playing with your children or grandchildren can help build connections with your family members. It can also help to manage stress. Finding fun physical activities and recreational play to do together is a great way to create joyful moments and manage stress at the same time.

Additional fun activities to try this summer to reduce stress and have fun include:

- Putting on upbeat music and having a dance party!
- Engaging in outdoor activities such as: canoeing, kayaking, paddleboarding, hiking, biking or fishing.
- Getting exercise through physical activity games such as: tennis, golf, disc golf, volleyball or pickleball.

For a complete list of the these fun activities, and for more information on the tips above, click here:

[**Manage Your Stress So It Doesn't Manage You This Summer**](#)