



5 mental wellness tips for a healthy summer

When the British weather is on our side, summer can be a wonderful time of year filled with long days of sunshine and warmth.

But just because the weather's picked up doesn't necessarily mean life is less overwhelming. In fact, summer can be really overwhelming, especially if you're juggling a multitude of responsibilities like a packed schedule or childcare and work.

By prioritising your wellbeing and ensuring you put some time aside for self-care, busy summer days can feel more enjoyable and easier to manage. To set you off in the right direction, we've compiled a list of five simple wellbeing techniques to try out.





1 — Get outside and get active

The warmer weather of summer provides more opportunity to get involved in outdoor activities such as hiking, swimming, nature walks, evening strolls and family BBQs. Increased exposure to sunlight triggers the release of a hormone called serotonin which can help to boost your mood and promote feelings of happiness. A growing body of research is proving that spending time in nature is positive for mental health, helping to decrease anxiety levels, lessen stress and lower anxiety.

2 — Be mindful of your social media use

Whilst social media can have a positive impact on mental health, it can also lead to increased anxiety, sadness and isolation, and a tremendous pressure to compare oneself to others. Set yourself a limit on the amount of time you'll spend on social media each day. If you're finding it tricky to limit yourself, try deleting your social media apps for a few days and gauge how you feel. Instead of scrolling social media, you could dedicate that time to using a mindfulness app such as Headspace. Plus, it can be really beneficial to unfollow accounts and people that negatively impact your mental health.

3 — Set realistic expectations

Whilst many of us get excited about summer and the opportunities it brings, it's important that we don't overload our time and give into social pressures that might compromise our own wellbeing. We all have different resilience levels and it's beneficial to be realistic about what you can handle and what's healthy for you. Try to dedicate some time to personal hobbies such as arts and crafts or mindfulness, especially during times where you feel your social battery is running low.

4 — Stay connected with loved ones

It can be tricky to socialise with others in the winter - the combination of shorter days, cold weather, and sickness bugs and viruses that thrive in the winter, result in many people living a more isolated life. But the summer brings with it a fresh opportunity to connect with others - whether that's friends, family or colleagues. Socialising releases a hormone called oxytocin, which is known to be a 'happy hormone' stimulated by hugging, human interaction, and spending time with people.

5 — Maintain a stable routine

It's easy to lose track of time in the longer days of summer, and as a result, many of us fall out of our normal routines. This can have a negative impact on our overall health - some people find it difficult to sleep, don't eat well, or forget to dedicate time to exercise or movement. Having structure and organisation in your day may not sound that important, but for many people, a routine is the thing that keeps them grounded. Try to stick to a consistent sleep routine, ensure you eat regular meals and incorporate exercise into your day.

