

SUMMER NEWSLETTER

JUNE 2024



Tips for a great summer

GET OUT IN NATURE

Getting outside when the weather is nice shows great improvements in mood and anxiety.

MOVE MORE

With school out and schedules more manageable, try to find FUN ways to move more. Increase in physical activity is good for mental and physical health. Start a daily walk routine for the family after dinner.

DECREASE TECH TIME

Increased screen and phone times are linked to higher rates of depression and anxiety especially in teens. Set scheduled times for video games and make sure cell phones have bedtimes. Try picking one day a week for the family to go tech free!



Reminders

SPF DAILY

Many medications can increase sun sensitivity and likelihood of sun burns.



HYDRATE

When outside or doing physical activity remember to hydrate with water and/or electrolyte replacement drinks.



Schedule

Keeping kids and teens on a routine for the summer will help with mood, motivation and socio-emotional development.

