

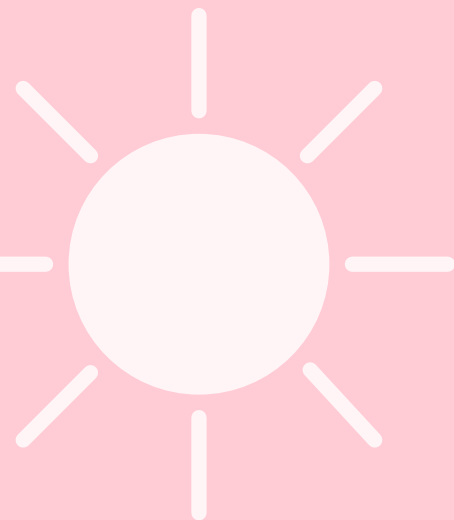
“If you want a relaxed body, you can do it by relaxing your mind. If you want a relaxed mind, relax your body”

- Jay Winner

In this month's newsletter:

Your Summer Self-Care Checklist

Fact & Tip of the month



Your Summer Self-Care Checklist

With long sunny days and warmer weather, summer is a great time to think about self-care and switching up your routine to make the most of the season. This self-care checklist offers some ideas for taking care of yourself this summer to get you moving, outside and enjoying the sunshine!

Relax outdoors

First things first, make the most of the sunshine! Many of us live a fast-paced life in which the majority of it is spent indoors due to working, commuting and looking after family. Taking the time to step back, slow down and spend time in nature is important, in whatever way works for you.

Mind state on their website that spending time in green space can benefit both your mental and physical wellbeing with positive effects including:

- Improving your mood
- Reducing feelings of stress or anger
- Helping you to feel more relaxed



Go for a stroll

When it's cold and raining it's easy to talk yourself out of getting outside for a walk. But when the sun is shining there's no excuse! A long walk can be a great way to clear your head and enjoy a warm summer's evening, either by yourself or with a friend for a catch up.

Just make sure you don't forget your SPF!



Be mindful of your fluid's intake

It's a well-known fact that as soon as the sun comes out, us Brits flock to the pub like it's the end of lockdown all over again. Too many alcoholic drinks, not enough water and a full day in the sun is a recipe for disaster and could very easily end in sun stroke.

If you are spending your day in the sun, be sure to stay hydrated by drinking plenty of water – even more so if alcohol is involved!



Tidy one small space

Clutter fills our visual fields and gives our brains endless stimuli to process. As a result, it's harder to focus on tasks as there are more things to draw our attention. On the flip side, tidy spaces let our brains relax, increasing our mental space and concentration. So, whether you de-clutter a drawer or the top of your worktops, having even one space clean and free of clutter can help you feel calmer.





Make a summer feel-good playlist

Music can be an effortless way to improve your mood and motivate you to get moving! Whether it's exercising, gardening, or cleaning, music is a great way to make these activities more enjoyable.



Try a new exercise

Most of us can't think of anything worse than a sweaty gym in the height of summer. However, getting those endorphins flowing can help to calm your mind and improve your mood. Think about doing something outdoors like hiking, tennis, or swimming.

Just don't forget your sun cream!



Explore your local farmer's market

Take advantage of seasonal produce and local vendors. With only 27% of adults eating enough fruit and veg each day, a trip to the farmer's market can be a great opportunity to try new foods and incorporate healthier options into your diet.



Do a needs assessment

This one isn't just for the summer months but something that can be incorporated into your everyday life.

How did your last week go? Is there anything you could do to make next week better? Maybe you need more sleep, more social time or to prepare some healthy meals before a busy week ahead. Take a moment to reflect and think about how you can make time for whatever you need to best care for yourself.

JUNE							
	Mon	Tue	Wed	Thur	Fri	Sat	Sun
8:00							
9:00							

Tip: SPF isn't just for use during the summer months. You should protect any skin that isn't covered by clothes with SPF 30 or higher year round

Fact: Getting 5-15 minutes of sunlight on your arms, hands and fact two to three times a week is enough to enjoy the vitamin D boosting benefits of the sun

