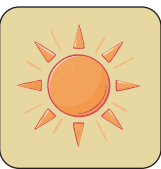# Summer Mental Health Checklist

Summer is often seen as a time for fun and relaxation, but it can also bring unique mental health challenges. The season can feel overwhelming with disrupted routines, financial pressures and social obligations. Use this checklist to stay grounded, balanced and mentally well throughout the summer.

Daily Habits

- Spend 10-30 minutes outside in natural light (but don't forget about sun safety).
- Move your body, such as walking, stretching, playing or exercising.
- Stick to a consistent sleep schedule.
- Eat regular, balanced meals.

Mindfulness

- Identify and manage your personal stress triggers.
- Schedule time for relaxation or "me time."
- Avoid comparing your summer to others' on social media.
- Be realistic about what you can do, and don't overcommit.

Connections

- Connect with friends or family regularly.
- Plan a vacation, staycation or short getaway.
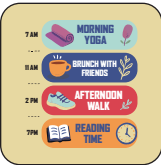- Talk to someone if you're feeling overwhelmed.
- Focus on shared experiences, not expensive outings.

Planning

- Use a planner or app to organize your day.
- Space out activities to avoid burnout.
- Look for free or low-cost entertainment options.
- Use your vacation time to recharge.

Taking care of your mental health is just as important as enjoying the summer season. If you're feeling overwhelmed, reach out to a mental health professional for support.

TruePlan℠
Benefit and Retirement Advisors