

How to cope with summer stress?

Summer, a season cherished by many, filled with sunshine and joy. However, for some, it can be a particularly stressful time, impacting their mental health.

Changes in schedules, vacations, and the pressure to be active and relaxed at the same time can result in summer stress. Therefore, it's crucial that we take care of our emotions and well-being during this period. Here are some practical tips on how to cope with summer stress:

Accept your feelings

Summer stress may arise from feeling like everyone else is enjoying vacations while you struggle to relax. Remember that experiencing these emotions is normal. Accept your feelings without judgment and take time to understand what might be triggering them.

Plan moderately

Summer can be full of planned activities and getaways, but you don't have to participate in everything. Choose what brings you the most joy and give yourself permission to take time for relaxation. Sometimes the most rejuvenating vacations are those spent in peaceful surroundings, without pressure to be constantly active.

Make Time for Rest

Don't forget to rest and tend to your needs. Establish summer rituals that help you unwind, such as evening strolls, reading your favorite book at the beach, or practicing meditation. Prioritize getting quality sleep, as it is a key factor in maintaining good mental health.

Limit Social Media:

Comparing your summer experiences to picture-perfect social media posts can trigger feelings of inadequacy. Remember that people often post only their best moments. Focus on your own experiences and find joy in them.

Outdoor Exercise

Physical activity has a tremendous impact on our mood. Utilize beautiful summer days for outdoor activities. Whether it's jogging, yoga, swimming, or cycling, these are excellent ways to reduce stress and improve your mood.

