

Getting the Most Out of Summer

With July comes the realization that one-third of summer is already over, with only two months to go. Summer, with expanded opportunities, good weather and special events does seem invented to help us relax and reinvigorate ourselves. With that in mind, here are a few suggestions for getting the most out of the summer months still ahead.

Eat Seasonal

Eating healthy is easier and more enjoyable in the summer, with fresh berries and the bounty of the harvest. And even though many “summer” vegetables are now available throughout the entire year, there’s still nothing like the vegetable crispness and fresh flavor of the vegetable when freshly picked: corn on the cob or strawberries from the garden or a roadside stand, or vine-ripened tomatoes we grew ourselves.



Get Out and Play

One of the most effective stress management techniques is the simplicity of play. And no season offers more opportunities for playing with abandon than summer. Some example of the almost limitless options for play: playing in water (swimming pools, water balloon fights, running through the sprinkler), getting out in the outdoors (hiking, camping, picnics), and special events (fireworks, drive-in movies, and amusement parks).

Make a Summer To-Do List

Unfortunately, those obligations that need to be taken care of: laundry, lawn mowing, cleaning seem to consume most of our adult time. This makes it even more important to make a different kind of “To Do List,” one that includes the pleasures that feed our senses, heart and spirit. Each person’s list might vary, but would want to include both planned and unplanned activities, and both activities to do alone, and those that can involve the entire family. On the following page are some good examples, to get started, thanks to Signe Whitson of Psychology Today.