



# SUMMER SELF-CARE: STAY BALANCED WHEN LIFE SPEEDS UP

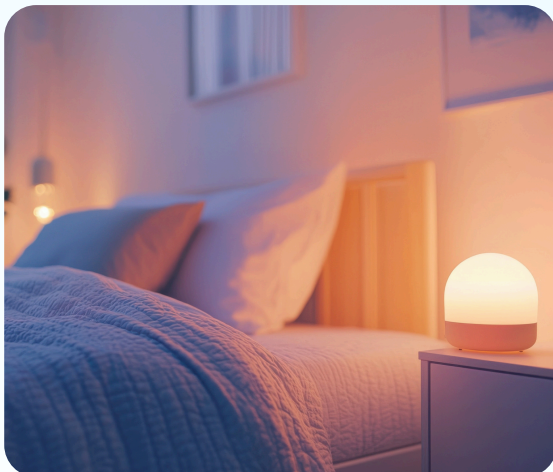


## ► PACE YOURSELF

Summer can feel fast-paced with events, travel, and changing routines. It's okay to slow down, say no, and take breaks. Rest helps you recharge so you can enjoy the season without running on empty.

## ► STAY HYDRATED, STAY SHARP

Hot days and busy schedules can lead to dehydration, which affects energy and mood. Keep a water bottle with you and aim to drink regularly—it's a small step that helps you stay focused and feeling your best.



## ► PROTECT YOUR SLEEP ROUTINE

Late nights and busy days can disrupt sleep, but your body needs rest to function well. Try to stick to consistent bedtimes when possible. Quality sleep keeps your mood, energy, and mental health on track.



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## ► ENJOY THE OUTDOORS SAFELY

Spending time outside boosts your mood, but be mindful of your limits. Use sunscreen, seek shade, and take breaks when needed. Fresh air and sunlight are great—but balance is key for your well-being.

## ► KNOW YOUR BOUNDARIES

Summer is full of social events, but you don't have to say yes to everything. Set boundaries that protect your time and energy. It's okay to step back and prioritize your peace when life feels too busy.



## ► MAKE TIME FOR YOU

Between work, family, and plans, don't forget to care for yourself. Even 10 minutes of quiet time, movement, or reflection can help you reset and feel grounded during the busiest days.

## HOW BREE HEALTH CAN HELP

Bree Health offers confidential support, coaching, and resources to help you manage stress, protect your mental health, and enjoy life's busy seasons. Log in through the Bree Health app or visit us online anytime to explore your benefits.