



SUMMER MENTAL HEALTH: STAYING BALANCED ALL SEASON



► MAKE TIME TO RECHARGE

Summer often brings vacations, family activities, and packed schedules. While it's easy to stay busy, taking time to rest and recharge helps you maintain your energy and enjoy the season more fully.

► KEEP A SIMPLE ROUTINE

Longer days can disrupt healthy habits. Maintaining a consistent sleep schedule, eating regular meals, and making time for movement can help you feel your best all summer long.



► GET OUTSIDE

Spending time outdoors can improve your mood, reduce stress, and boost overall well-being. Whether it's a walk around the neighborhood or time at a local park, fresh air can help you reset.



SUMMER MENTAL HEALTH: STAYING BALANCED ALL SEASON



► STAY PRESENT

It's easy to rush from one activity to the next. Take a few moments each day to slow down, appreciate the season, and focus on what matters most instead of trying to do everything.

► SET HEALTHY BOUNDARIES

Summer can fill your calendar quickly. It's okay to say no, protect your personal time, and leave room for rest without feeling guilty.



► ENJOY THE LITTLE THINGS

Not every memorable summer moment has to be a big vacation. Reading on the porch, enjoying a sunset, spending time with loved ones, or taking a quiet evening walk can have a lasting impact on your well-being.

HOW BREE HEALTH CAN HELP

Bree Health offers confidential support, coaching, and wellness resources to support your mental well-being. Log in through the Bree Health mobile app or visit us online anytime to connect with care that meets your needs.