



Prioritizing Mental Well-being in the Summer

While many people look forward to the warmer temperatures and the longer days of summer, studies show that extended periods in the heat can cause sluggishness, sleeplessness and dehydration all of which can lead to increased anxiety and aggressive behaviors. The Mental Health First Aid Curriculum identifies 8 areas of well-being and offers the following tips to attend to every aspect of your mental well-being as the weather warms up.

1. **Emotional** – Emotional well-being can be achieved by practicing self-care and coping skills. This summer, that may mean that you work to set healthy boundaries, so you don't over commit or, practice deep breathing and mindfulness exercises.
2. **Environmental** – Safe environments lead to well-being. Therefore, it is important to choose people and places that bring you peace and make you feel safe and happy. Making healthy choices in this area will lessen your stress and anxiety.
3. **Financial** – Having a clear sense of your financial picture both current and future, will give you a sense of how much you can splurge on vacations and other outings. Making a plan to put a little money away will allow you to still have fun, but to do so without added stress.
4. **Intellectual** – Keeping your mind sharp and your children's minds sharp can be easy to do in summer. Taking trips to the zoo or museum, learning a new hobby or working on an outdoor project together can be a fun way to keep your mind engaged and bring the whole family together at the same time.
5. **Occupational** – Occupational well-being can come from one's job, but it can also come from volunteering or giving back in some way. This is another great opportunity to do something together as a family and at the same time do something meaningful for those around you.
6. **Physical** – Exercise benefits both your physical and emotional well-being. It's important to find an exercise that you enjoy and will do on a regular basis. Taking a walk or a bike ride can be relaxing, educational and exercise all at the same time.
7. **Social** – Summer can be a great time to reconnect with friends or to make new ones. Volunteering or participating in neighborhood or community events can be opportunities to help your community and meet others with similar interests.
8. **Spiritual**- Participating in activities that bring meaning and a sense of purpose to your life can bring you spiritual well-being. Practicing gratitude and giving of yourself to those less fortunate are just a couple of ways to experience spiritual well-being.

While summer can come with its own set of challenges, being proactive and prepared can allow you to enjoy the summer months and nurture your well-being at the same time.

**If you would like assistance with your mental well-being,
please contact the Aurora EAP.**

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Resources: [Stress hormones spike as the temperature rises | ScienceDaily](#)

[Mental Health First Aid](#) (June 21, 2022)

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