



FAMILY SCIENCE & HUMAN DEVELOPMENT

July/August 2021

Rejuvenate During the Summer Months

Summer is often a slower, more peaceful time for many people. Even if your life is the opposite, you still should relax and unwind to avoid getting burnt out or feeling like life is passing you by. It's important to find ways to get away from it all, even if you do it by staying home.

Before another semester begins and you're back in the thick of things, consider these tips for enjoying the summer season and improving your emotional fitness.

1. Share new experiences with your family or friends. Aside from creating some amazing memories, you'll build stronger bonds and feel closer to others.
2. If you need alone time to relax or just reconnect with your inner self, try meditation or a creative hobby such as painting, writing or music. Or take a trip by yourself.
3. Enjoy time outdoors. Go for long walks, play backyard games and enjoy a delicious barbeque.
4. Visit new restaurants and try different cuisines. Take advantage of outdoor seating.
5. Spend some time in or near the water. Relaxing on a beach or simply enjoying the view will lift your spirits, and the [negative ions](#) will improve your mood.
6. Meet new people, even just for a day. Strike up a conversation with someone that you see often but

don't know, or a familiar face at work. Go out for lunch or a drink. You might never meet up with them again, but you could become really good friends!

7. If you take a vacation, pay in advance for as much as possible so you won't stress so much about money. And then splurge a little by treating yourself to something exciting or special.
8. Unplug from your phone and social media. Leave everything behind for just a little while and let yourself *truly* relax.

DATES TO REMEMBER

August 1

COVID Vaccination
[Records](#) Due

August 13

Last Day to [Apply](#) for
August 2021 Graduation

August 30

Fall Tuition Bill Due

September 2

First Day of Classes

*Summer's lease hath all
too short a date."*

- William Shakespeare

Adapted from *Psychology Today*