

SUMMER

Mental Health Tips

Discover 7 tips to care for your mental health during summer break.



#1

Embrace the Outdoors: 30 minutes of outdoor time daily can increase your vitamin D levels, positively impacting your mood and regulating melatonin, aiding in better sleep quality.

Engage in Meaningful Activities: Consider volunteering and part-time employment to maintain consistency and routine in your life.

#2

#3

Prioritize Healthy Habits: Practice mindfulness, exercise, and maintain consistent sleeping and eating patterns.

Maintain Social Connections: Stay connected with family and friends to prevent isolation and maintain mental well-being.

#4

#5

Limit Screen Time: Set boundaries on screen time and prioritize face-to-face interactions to reduce excessive screen time and its effects.

Have Fun: Use the break to do things you enjoy. Engaging in fun activities triggers endorphins and can lead to an overall sense of positive well-being.

#6

#7

Seek Help: Seek support and help instead of pausing for the summer break. Teen Line (1-800-852-8336) & National Suicide Prevention Lifeline (1-800-273-8255).

Mental Health Tips Deal Warranty

Huangqi Zhang



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