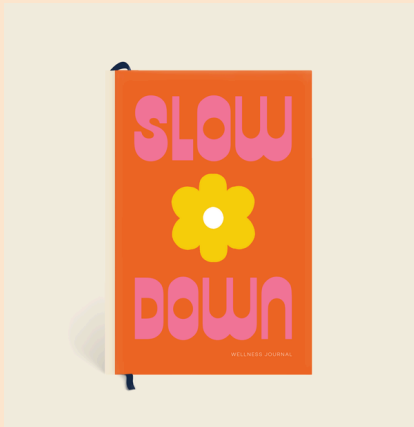


# Mindful Monthly News

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Issue #16/ June 1, 2024/ Summer Self-Care

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## Summer Activities to try for positive mental health:

- **Read for pleasure!** Taking a break & reading something that you enjoy is a great way to decompress.
  - **Get Outside-** Hike, Play games, Look at the Clouds- Getting outside with some unstructured downtime is essential for healthy living.
  - **Volunteer-** serving your community is a great way to foster a sense of belonging- give you a sense of purpose and boost mental health.
  - **Get a job or start a project!** Plant a garden, research family genealogy, and participate in some meaningful work this summer where they can learn something new!
  - **Exercise-** The [mental and physical health benefits of exercise](#) and time in nature are well-documented. Explore local hiking trails and parks, and participate in dance parties or yoga.
  - **GET SLEEP!**
  - **Take a Digital Detox-** reassess your screen time habits and ask yourself how much time is spent mindlessly consuming versus creating online. Then update your digital habits. Explore more [digital media tips](#).
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## Resources: Where Can I Learn More?

**15 Activities for Your Summer Self-Care Checklist - Mental Health First Aid**

### Mrs. Cartier's Mindful Minute Challenges for Summer Break:

- **Create your summer playlist** of uplifting songs.
- **Get outside and try rainbow grounding**- walking around outside looking for objects in nature that represent each color of the rainbow.
- **Create a self-care plan** that helps you carve out time to decompress during the school year! [How to Create Your Own Self-Care Plan - Mental Health First Aid](#)
- **Get Crafty**- find an artistic way to express yourself- garden, build something, color, paint, play music- art is a great outlet to help yourself ground and manage stress.
- **Catch up on Sleep!** Make sure you get back on a good schedule and try to go to bed at a reasonable time so your body and mind can recover!
- **Write up a Happiness List**- ( things that make you happy) when you have free time go to the list and try to engage in one of those activities that uplift your mood!
- **Get some sun!** Use sunscreen and stay hydrated but utilize the benefits of Vitamin D!
- If you are near a body of water on vacation- **try grounding yourself by stepping into the ocean/lake** and just allowing yourself to notice the temperature of the water and how it feels. It is a great way to connect to the present moment.
- **Create grounding anchors** for when you are having an off day. Examples include: Checking in with your senses- what are you feeling, smelling, and hearing right now? Do a body scan- notice how each part of your body feels from your head to your toes. Remind yourself what you are feeling is temporary and it will pass.

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The end of the school year is almost here and since the availability of school support is intermittent over the summer here are some resources for you to keep handy if you need support!

**If you or someone you know is experiencing a life-threatening emergency call 911 IMMEDIATELY!**

**Helplines/Chat Lines for Support:**

**2nd Floor Helpline- Call or Text 888-222-2228- this offers confidential, anonymous help. It operates 24/7.**

**Suicide and Crisis Lifeline- Call or Text 988- Call if you need support or you are worried about someone else.**

**NJ Suicide Prevention Hopeline- Call 855- NJ- Hopeline ( 654-6735)**

**Teen Connect- Mon thru Fri-5 pm-10 pm: Call 1-888-866-6054 or TEXT 1-973-791-5700**



Have a restful,  
rejuvenating, and safe  
summer!  
Mrs. C