


# The Summertime Blues: Preparing for a fun summer break and coping skills you can use if you're feeling down

## IDEAS FOR A FUN SUMMER BREAK


### Care for your basic needs everyday

Exercise, eat regularly and nutritiously, have a morning/bedtime routine, and prioritize getting a good night's sleep.

 **Parent tip:** Role model this behavior by prioritizing your own personal self-care.


### Create a summer calendar & organize your space

Being organized makes you less stressed and more productive. And, creating a summer calendar will help you know what's coming up and when you might have some free time.

 **Parent tip:** Sit down with your child and help them to organize and create a summer calendar.


### Prioritize social time

Spend time with friends, family, community members, and role models.

 **Parent tip:** Show your child the importance of building strong relationships and talk to them about important relationships in your own life.


### Read a great book

Find a book you enjoy and can't put down!

 **Parent tip:** Take a trip with your child to the local library to find something they'll love.


### Spend time outside

Instead of technology or social media, try participating in outdoor activities like hiking, nature walks, gardening, or sports. The possibilities are endless!

 **Parent tip:** See if your child needs any materials, tools, or resources for outdoor activities or projects they might be interested in.


### Plan a meal or weekly menu

Cooking and experimenting in the kitchen can be a lot of fun! Try a new recipe or even an entire meal.

 **Parent tip:** Set aside one night a week to cook together with your child.

### Learn a new skill or hobby

Try a new instrument, take some photos, build something, draw, paint, do crafts, or look for treasures (geocaching).

 **Parent tip:** Share one of your hobbies with your child and teach them something new or learn a new hobby together.

## COPING SKILLS IF YOU'RE FEELING DOWN

- Decrease negative self-talk and challenge your negative thoughts with positive ones
- Take a break from stressful situations
- Rehearse and make a plan for situations that cause you stress
- Donate your time by volunteering and giving back
- Make use of tools and resources available to you like apps, worksheets, journal prompts, reading positive affirmations
- Practice gratitude and kindness towards yourself and others
- Ask for help and seek professional help if needed.