



July – Wellbeing for the Summer

Summer is a great time to invest in lifestyle habits and support your mental health.

For free and confidential counseling resources, contact your local ESSP Representative or

CDRs: Hourly – Carelon Behavioral Health: 800-227-9622

Salaried – Lyra Health: 877-207-9822



How the summer affects mental health

One of the main ways the summer can help with mental health is through the sunshine.

- Increased sun exposure boosts vitamin D levels, and can even improve mood, leading to better mental health.
- The sun also helps your body produce more melatonin (sleep hormone) at night, allowing you to sleep better and overall feel better.

[Strengthening Mental Health in Summer - Centerstone](#)

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Use Summer to Set Healthy Habits

Summer is also a good time to set healthy habits and prepare for the coming months that are colder and less energizing.

- **Set boundaries.** Prioritize opportunities, say no to some, and take needed breaks.
- **Set a sleep schedule.** Be consistent for adequate sleep; consider sleeping soon after dark.


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A vibrant summer-themed graphic on the right side of the slide. It features a blue sky and ocean background. In the foreground, several pairs of colorful flip-flops (red, teal, yellow) are stuck in the sand. One red flip-flop has a pair of yellow heart-shaped sunglasses perched on it. A yellow flip-flop has a small pink and yellow flower attached to its strap. The text 'Tips for a Healthy Summer!' is written in a playful, bubbly font, with 'Tips' in yellow, 'for a' in white, 'Healthy' in pink, and 'Summer!' in purple with a white outline.

Tips for a Healthy Summer!

A woman with long brown hair, wearing a white cap, a light blue tank top, and black leggings, is running away from the camera on a paved road. The road stretches straight ahead towards a bright sun that is low on the horizon, creating a strong lens flare. The landscape is a vast, flat field with green grass, and in the background, there are dark, jagged mountains under a blue sky with some clouds.

Healthy is an outfit
that looks different
on everybody.



Set Healthy Habits - Cont'd.

- **Engage in physical activity.** Use warmer weather for outdoor exercise and establish active habits now to stay active later.
- **Involve family.** Family participation in setting healthy habits can build stronger bonds and collective coping skills.
- **Have fun!** Balance routines and self-care with fun and responsibility.

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If you're struggling...

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Contact us

