

Summer Self Care Cheat sheet

Summer Self Care Focus:

Sleep - Summer can be a time when we're tempted to stay up late into the night. Getting the right amount of sleep is critical during this time of year to offset the challenging effects of the environment. Get to sleep no later than 11pm and get up early!

Hydrate - Hydration in summer is important for keeping the body cool and replacing the water and electrolytes that are depleted as we engage in outdoor life and pursuits.

Cool - hang out in cool spots like the pool, the beach, or the movies. Use the cooling power of the breath (sheetali pranayama, and chandra bhedana "left nostril breathing) as your own internal A/C, weave steadiness and release into your yoga practice with forward bends, gentle twists and easeful standing poses.

Reflect - Balance the mental and physical intensity of the season by resolving to find as many ways as possible to keep your cool, which can actually be as simple as just thinking... I'm cool!

Summer Self Care should include...

- Cool baths
- Regular meals
- Meditation
- Peaceful environments
- Volunteer work, random acts of kindness
- Calming music
- Staying hydrated
- Spending time in or around water
- Spending time with good friends/family
- Laughter
- Slow, focused movement
- Nature bathing, Moonbathing