

ENJOY THE SUMMER, SUNRISE TO SUNSET!

Morning

During summer months the days are longer and our nights may be later. Waking refreshed is as important as ever so we feel ready to engage with our studies and with the summer festivities that come our way.

Aim for 7-9 hours of sleep so that your brain has the time to organize, sort, and store what you have learned and experienced that day.



The sun rises early and can trigger alertness and disruptions to your sleep. Take advantage of your natural biological clock to get an early start, or if you want to sleep in, consider options that help block out the light like closing your blinds before bed or using a sleep mask to block the rays.



Midday

The summer heat can be a great opportunity to enjoy the outdoors, but can lead to greater water loss. Keeping yourself well hydrated helps support your energy and your thinking!

By the time you've eaten breakfast and lunch try to be halfway through your water consumption (3L or 100oz) for the day.

Using existing daily activities, such as meals, as reminders to check-in with yourself on new habits, like increasing your H₂O intake, can be very helpful.

Our brain is made up of around 73% water and needs to stay hydrated for cognition & thinking – even whole fruits and veggies can help keep your mind lubricated! For the greatest hydration, munch on cucumbers, celery, tomatoes, melons, and strawberries to quench your brain.

With a hydrated body you can take advantage of the outdoors; a walk through the cool and shaded Pine Park near the golf course could be a great way to move your body and give yourself a mental break midday!

Afternoon

As you finish up classes for the day and race outside, keep heat and sun safety in mind

Generously apply a broad-spectrum sunscreen, with SPF of 30 or higher, to keep skin protected, radiant and healthy.



Want that sun-kissed glow? Try out lotions that can darken your hue without the risky exposure to UV rays.

Seek the shade: UV rays are the strongest from 10am to 4pm, so staying in the shade especially during that period can be a great way to enjoy the outdoors without sacrificing your beautiful skin. Check out the Bema or along the river for some nice shady spots.



Evening

The sun is setting, take care and appreciate the day.

After savoring the day outdoors, reduce your risk of tickborne diseases by checking your body and clothing for ticks, and try to take a shower within two hours of coming indoors.



Enjoy an outdoor or camp fire! Just make sure there is always at least one person watching the fire and it is fully put out before you leave it.

Take a few minutes to reflect on the day and practice gratitude; meditation or journaling can be handy tools to assisting with reflection.

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