



BEATING THE SUMMER SLUMP



There is great excitement as we enter the summer months, but sometimes that excitement fades and some people start to feel lonely, stressed, sad and/or overwhelmed. Here are a few tips to help you through the summer...

Do Something Good for Others

Being altruistic means helping others or doing good without focusing on recognition or reward for yourself. The summer presents many opportunities to be altruistic. Take a meal to a person in need, volunteer at a camp, extend the time on someone's parking meter, help a neighbor with yard work, offer a compliment or extra smile to people you see, etc. Altruism is associated with a decreased sense of hopelessness and stress, less depression, increased physical health, and enhanced self-esteem.

Laugh

Individuals with a greater sense of humor are more cheerful and have higher self-esteem. They are also more likely to develop close, social relationships (these positive relationships can help us deal with stress). Humor can help to minimize the importance of stressful experiences. Laughing can produce positive physiological (body) effects such as reducing muscle tension, increasing the flow of oxygen to the blood, exercising the heart, and producing endorphins (naturally produced body chemicals that decrease pain and increase a sense of well-being and euphoria).

Keeping a Routine

A routine helps build positive habits. Structure also helps increase feeling safe and comfortable with the transition from school to summer. Try setting a schedule at the beginning of summer break to ensure positive habits stay in place.

Exercise

Exercise is a great stress buster. If you don't want to go to a gym to workout, take a walk, swim, walk the dog for a neighbor (also counts as doing something nice for someone), play music, dance, throw the football with a friend or organize a pickup basketball game. Try to limit screen time and optimize outside time!



Sleep

Sleep allows our bodies to repair and refresh and prepare for the coming day. You should be getting 7-8 hours of sleep each night.

Still Feeling Stressed?

If you continue to feel sad, lonely, overwhelmed and/or stressed, please seek help. Here are some resources:

1. National Crisis Text Line: text 741741

The text line is available 24/7 in the US. You will be given access to a live, trained crisis counselor to help you stay safe and healthy using effective active listening and suggested referrals.

OR

Hamilton County's Crisis Line: call 513-281-CARE (2273) or text 4HOPE to 839863. The emergency phone lines are staffed 24/7 hours a day, seven days a week, offering crisis intervention, information, and referral services.

2. National Suicide Hotline: call or text 988

When you contact the phone line you are connected to trained counselors that are part of the National Suicide Prevention Lifeline network. These are trained counselors to listen, provide support, and connect you to resources, if necessary.

3. Best Point Urgent Care: call (513) 527-3040

For children, teens, and young adults up to the age 21, the urgent care helps those who need immediate social or emotional care not rising to the level of going to the hospital. Open Monday-Friday 3:00pm to 10:00pm.

4. **In case of an emergency:** call **911** or for non life threatening emergencies call Cincinnati Children's Hospital Psychiatric Response Intake Department at **513- 636-4124**.

For more information or resources visit:

<http://mindpeacecincinnati.com>
www.crisistextline.org

Sources

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*Adapted from the counseling staff at Indian Hill Exempted Village School District