Six Ways to Extend That Summer Holiday Feeling

Summer can feel short-lived. By the end of August, you may feel down about summer coming to an end and the onset of the fall and winter months becoming busier with family and work responsibilities. The change of the season from summer to fall brings many changes, like the days getting shorter and having to adapt to new routines, which can all lead to some level of distress. However, even when summer comes to an end, taking me to focus on your wellbeing remains just as important. All the great memories made in the summer can be extended beyond August with some planning and preparation. The following are six ways to extend the exciting feeling of summer all year round.

**Book a weekend trip.**

Going on trips does not have to be a summer tradition. Make plans for fun getaways in the fall to your favorite destinations locally or abroad. Find trips that will continue to spice up your thirst for adventure, keep you excited, and give you something to look forward to. Booking a weekend getaway to recharge your energy is essential in replenishing your mind and body. Ensure you carefully organize your weekend itinerary with new activities during your trips. Weekend trips will give you and your family a chance to bond, and it will be a great way to get a break from a busy time at work or school.

**Prep your garden for the fall.**

Summer may end in September, but you can still take advantage of the sunlight in growing and nurturing a garden in your backyard. Filling your garden with all-season plants and vibrant, colored flowers can brighten your mood. Growing herbs and vegetables in your backyard that can be harvested in the fall is a great way to spend time outdoors in nature. Research and prepare some new or traditional recipes with your freshly grown seasonal herbs and vegetables. Gardening in the fall is a therapeutic hobby that can be calming for your mind and will provide some distraction from busy schedules.

**Declutter, simplify, and organize your home.**

Cleaning up does not have to be a summer chore. It is a good habit to clean up your home on a regular basis. People’s homes are filled with old, unused items and clothing, which can cause distress. It is a therapeutic practice to keep your homes tidy and free of clutter. Make more space by decluttering your home and getting rid of unused clothing or household items. Think about selling or donating unused items to a local charity or thrift store. Giving away unused items can be beneficial to you and can also benefit your community. Late into the year, like fall and winter, your old clothing and belongings may be helpful for individuals in need.

**Make a reading list.**

While everyone loves to lie on the beach with a novel, reading is a hobby that can be enjoyed year-round. Prepare a list of your favorite novels that you can enjoy during your spare time or on your daily commute to work. If you don’t have time to read, audio books provide a convenient way of listening to your favorite stories while multitasking. Whether fiction or nonfiction, reading stories can be very beneficial for your mental health. Reading provides a good distraction from the stresses of everyday life. Find a place that is quiet and free of interruptions, like your backyard, local park, or a quiet space in your home, to catch up on your reading. Joining a reading club can also provide you with the motivation that you need to get started on your reading list.
Practice meditation and mindfulness.

A key strategy to beat the end of summer blues is to stay in the present moment by meditating and practicing the art of mindfulness. Meditation is a great yoga practice that will help individuals practice being mindful of their surroundings. Thinking too far in the future or worrying about the past brings anxiety and distress. Through meditation, you can practice control by concentrating your energy on deep breathing, relaxing the mind and body. Meditation and mindfulness can help keep your attention focused on the present moment. It is recommended to try meditating early in the morning to prep your mind and body to tackle the day ahead. If you are not a morning person, you can practice meditation at the end of the day as a way of reflecting on the day and expressing gratitude.

Detox your body with a healthy diet.

People's bodies are filled with many toxins from their daily habits. During the summer, you may have enjoyed too much of your favorite salty meals and sugary snacks. An unhealthy food and drink diet can be detrimental for your body and mind. It is important to keep a clean and healthy diet filled with all the essential macro- and micronutrients. A great way to begin your new health routine is by cleansing your body first. Focus on eating healthy meals with ingredients and superfoods rich in proteins, good fats, vitamins, and minerals. A clean and healthy diet improves physical and mental performance: Just like a car's engine runs more smoothly when it's burning clean and better fuel, your metabolism will run more smoothly and longer with a consistent and balanced, healthy diet.

Final Recap

Scheduling time to enjoy the things that bring you joy will help you maintain balance between work and life and can also be helpful in enhancing your mental and physical wellbeing. Be mindful of your thoughts, and try to stay away from overthinking or focusing on unnecessary negative thoughts about people or past situations. You can stop unnecessary worry and anxiety about the uncertain future by focusing on the present moment. Connecting with others gives a sense of purpose; ensure that you make time for those who matter to you. Always be mindful of your diet and nutrition, as they are essential to better physical and mental performance. Ensure that you fuel your body with a balanced diet containing all the essential food groups, and give your body enough time to rest and sleep to properly recover from a long day of work. These techniques will be helpful in boosting your morale for a great fall and winter season ahead.


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