

# Summer Self-Care 101: Nurturing Yourself and Your Family

*Prioritize self-care and well-being for you and your loved ones*

## Connect with Nature

Enjoy walks in the park, beach days, hiking, and gardening

## Unplug and Recharge

Take tech-free time, read books, and practice meditation

## Indulge in Joyful Movement

Swim, bike, play sports, do yoga, and go on family walks

## Nurture Your Creativity

Try painting, photography, writing, and visit art museums

## Embrace Rest and Relaxation

Pamper yourself, prioritize sleep, and practice mindfulness

## Savor the Simple Pleasures

Have picnics, enjoy movie nights, and host barbecues

## Cultivate Connections

Plan outings, join communities, and foster meaningful relationships

