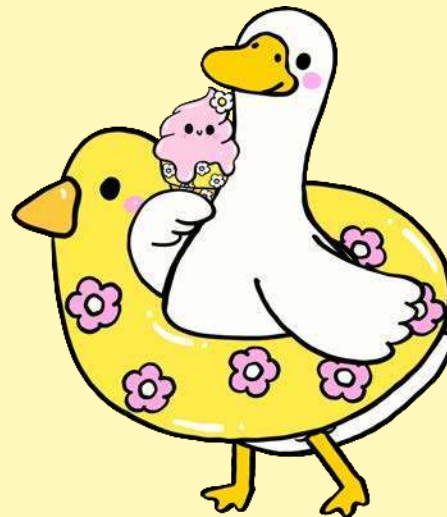


Enjoy!

HELL- Summer

Tips for a Restful Summer



MARYVILLE COLLEGE
Counseling Center

Reflect on the Academic Year

Summer is a great time to reflect on how your year has unfolded. Acknowledge your accomplishments and think about what you have learned.

What challenges did you overcome?

What did you learn?

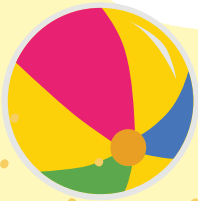
What are you most proud of?

What are your favorite memories?



Prioritize Rest and Recovery

Are you feeling exhausted and burnt out? Try catching up on your sleep and allow your body and mind to rest. Slow down as much as you can and go from stress to rest mode. Rest improves focus, allows for deeper self-awareness, and connection with others. Enjoy a body and mind reset. Even if you are working and have other activities, find time for yourself. What would you like to do? Read a book, artwork, be out in nature, find a new hobby, or anything else that brings you peace.





Maintain Structure with Flexibility

Finding a balance between structure and flexibility is key. Having a balanced summer with some established routines can be supportive for you, such as a morning or evening routine. Find a routine that you look forward to, but can be deviated from when needed, such as going out with friends. Always check in with yourself to see if you are craving more or less activity, more or less time with family and friends, needing more alone time, or time to explore your hobbies.





Set Realistic Summer Goals



Summer goals can be helpful but make sure it something you are actually interested in or curious about. Is it something you have wanted to do for awhile and finally have the energy to put towards it?



Focus on goals that are actually fulfilling or exciting to you. Be kind to yourself when setting goals and make them fun! These goals don't have to be the high achieving ones you have during school.





Reconnect with Support Systems



Going home to family can be a big adjustment. It can sometimes feel too quiet during the summer months. Maintaining social connections is important during the summer.



Having little or no social interaction can lead to feelings of isolation, loneliness, and even depression. Whether you are still on campus or off, take time to maintain friendships or find new ones.



Be intentional about reaching out and making plans. Find others that have stayed on campus if you are here. If not, reconnect with old friends when returning home. Try a part-time job or volunteering.





Engage in Movement and Spend Time in Nature



Movement and time spent outdoors can help reduce stress and improve mood. Find what movement feels rejuvenating and supportive to you. Connecting with nature can give you a sense of mental clarity, peace, and relaxation. It can be a familiar spot that feels calm, relaxing, or beautiful. It can also be going somewhere new for a walk, biking, hiking, kayaking, or yoga to name a few.



Limit Screen Time and Social Media Use

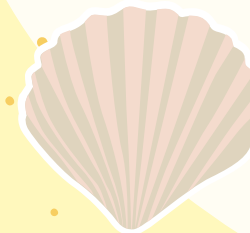


Social media is embedded into our society as a cultural norm. Most students have grown up using social media and it is a common practice to scroll hours at a time. Try breaking the habit! There are so many negatives to social media - fatigue, loss of sleep, social comparison, anxiety, and depression. Instead of watching everyone else's life, create your own adventure or your own peace. Practice setting boundaries around social media by:

- Setting timers on use of apps
- Leaving your phone behind while you enjoy other activities
- Detox and delete your social media apps for a period of time
- Limit yourself to just social connection using phone or FaceTime



Notice any changes in mood and energy when you take a break from screen time & social media this summer!



Create a Summer Self-Care Plan

What areas of self-care do you want to incorporate into your summer? Check in with your body and ask yourself: “what do I need right now?” This is a great practice to slow down and listen to what your body is asking for.

Providing what your body is asking for is a great act of self-care, such as:

- Enough sleep
- Finding movement
- Being in touch with friends
- Finding activities you find fun and enjoyable
- Finding ways to play!



Continue or Start Therapy

Therapy can be beneficial to process emotions and gain skills to decrease stress. Summer is a great time to reflect on your place in life and process what college has been like without being in the middle of it all. For those continuing, it is a way to maintain progress already made. There may be challenges at home that you want to process as well. Maryville College provides Uwill for virtual therapy over the summer break and it is free!! See QR code to register and get started.





Prepare for Return to School Mindfully

As the summer break winds down, set yourself up for a good start to your next semester at college. A mixture of emotions may emerge so allow space for these emotions. Leave time to say good-bye to everyone before heading back to campus. As you start to set goals for when you come back, focus on growth not perfection. What kind of balance can you set that still incorporates time for yourself and maintaining self-care. You have focused on being mentally and physically healthy - how will you maintain it?

The Counseling Center is here for you when you get back. We wish you a wonderful summer filled with what you hoped for!

