



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. 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 time 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. 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. 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 does not have to be a summer chore. It is a good habit to clean your home on a regular basis. People's homes are filled with old, unused items and clothing, which can cause distress. Keeping your homes tidy and free of clutter can be therapeutic. Think about selling or donating unused items to a local charity or thrift store, which can be beneficial to you and can also benefit your community. Especially in fall and winter, your old clothing and belongings may be helpful for individuals in need.

Make a Reading List

Reading is a hobby that can be enjoyed year-round. Make 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. Reading is beneficial for mental health and provides distraction from the stress of life.

Practice Meditation and Mindfulness

A key to beating the end of summer blues is to stay in the present moment by meditating and practicing mindfulness. Meditation is a practice that focuses on being mindful of our surroundings. Worrying about the future or thinking about the past brings anxiety and distress. Practice control by concentrating your energy on deep breathing, relaxing the mind and body.

Detox Your Body with a Healthy Diet

Thus summer, you may have enjoyed too much of your favorite salty meals and sugary snacks. An unhealthy diet can be detrimental to your body and mind. Focus on eating healthy meals with ingredients and superfoods rich in proteins, good fats, vitamins, and minerals. Your metabolism will be more efficient with a consistent and balanced, healthy diet.

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. Connecting with others gives a sense of purpose; ensure that you make time for those who matter to you. These techniques will be helpful in boosting your morale for a great fall and winter season ahead.

