



June: Summer and Mental Health

WHAT TEACHERS NEED TO KNOW

Summer can be an exciting time to have a much-needed break from routines and stress that come with the school year. However, summer can also be difficult as many of us benefit from having schedules and predictability. Here are a few tips to help maintain stability and prepare for summer:

1. Maintain some routine in your schedule. For example, you can try to stick with the same bedtimes and mealtimes as during the school year. You might even make a visual reminder or summer schedule by using a calendar on your fridge to plan summer activities.
2. Identify and plan some activities that you find restful and restorative. Spend some time exploring self-care practices in your time off.
3. Unplug from technology during the summer. Even if just one night a week or an hour a day, try to spend time away from screens!
4. Make time to go outside! Even if it is just a walk or bike ride down the block, time and exercise outside can increase endorphins and improve our moods.
5. Make a summer bucket list to do with your friends and/or family! See how many items on the list you can do over the summer.

Summer referrals for families/students with resource needs can be made [here](#)

Reach out to the wellness team at your school site if you have a referral for a student for school based mental health services over the summer!

Additional Resources

- [DPR Summer Activities](#)
- [Relax, Recover, and Prepare for Fall](#)
- [Summer DC Bucket List](#)
- [Teacher's Summer Bucket List](#)