

Given the impact of COVID-19, there has been little time to think about our own needs and summer plans. Now is the time to begin to envision how we can transition from 'work mode' to 'summer mode.' Here are three (public-health-friendly!) suggestions you might find helpful and inspiring.

humanworks.ca

craft

Start a new hobby or craft

... or re-ignite a dormant one!

Hobbies and crafts are a great way to shift from work to play. They can boost your mood, relieve stress, boost self-esteem and improve cognitive abilities.

And best of all? They're fun.

Most hobbies and crafts can be done in your own home and materials or equipment can be found online. Who knows: you might find a whole new community of folks that you can relate to!

crunch

Develop a summer fitness plan

... or create a fitness challenge!

Developing a fitness plan, as a challenge for yourself or to share with your peers, can really help redirect your energy in a productive and healthy way over the summer months.

Focusing on your personal fitness can be rewarding in so many ways, and can include: improved cardiovascular health, increased metabolism, a boost in self-esteem and self-confidence, and an improved mood and sleep.

There are a number of websites that offer great workout plans, and free resources are available through the EIP program to get you started. Make sure to check in with your doctor before you start your program.

club

Create or join a Book Club

... and share great stories!

Participating in a book club offers a great way to relieve stress and develop a unique sense of belonging and community.

Besides being able to share great stories of common interest and diversity, book clubs offer hours of reading relaxation and provoke stimulating conversations.

Summer time offers lots of opportunity to read and reflect. Go for it!



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