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Well-Being Activities for the Summer

Summertime... and the living is easy... (time to put Aaron Neville on the playlist!)

Over the past few years, ReFresh has provided diverse information for summer health and safety. Putting on [sunscreens](#), [staying hydrated](#), practicing water safety and knowing the right [bug bite treatment](#) are still important, but we are finishing this year's ReFresh with interesting ideas to consider this summer to boost your well-being and put you in a good place for fall!

Watch the Sunrise and Sunset

Studies show that watching sunrises and sunsets can trigger a feeling of awe, which can improve your mood and generate positive emotions – all which enhance your well-being.

Perhaps a **sunrise meditation** session will help you set a peaceful tone for your day. The fresh air and natural light can be energizing.

And if you take in a sunset, why not linger and do some **evening journalling** while it is quiet and you can process your thoughts and feelings? Then, when the stars make their appearance, further enjoy the feeling of wow and wonder by **skywatching and stargazing**. Here are some links you may find really interesting:

- [Sunrise and Sunset Calculator](#)
- [NASA Skywatching Tips and Guides](#)
- [Stargazing Apps](#)

Try New Nature-Inspired Hobbies

- Learn about **nature photography** and capture your favourite summer scenes, creatures, plants, and memories. All you need is your phone!
 - [Here are 5 tips](#) to enhance the quality of your nature photos – even just using your smartphone!
 - More experienced photographers may find [this link interesting](#)
- **Birdwatching** is a hobby that can be done anywhere you find birds!
 - Whether you are in your own backyard or neighbourhood, the nearby forest, or on a summer travel adventure, chances are you will find birds! Keep your eyes and ears open and see what feathered friends you can find. You may wish to invest in a decent pair of binoculars to zoom in for a closer look. To learn more about birdwatching, [click here](#). This site provides a great introduction on how to get started, birding hot spots across BC, and additional links for more information.
 - This [BC Bird Trail site](#) also has great information and offers an app.
- Ever heard of **geocaching**? This activity uses GPS signals to help you locate small treasures that past geocachers have left. This is a great hobby for those who already love hiking and exploring the outdoors and want to reignite some of their child-like curiosity by navigating clues and discovering hidden gems! Learn more with [this 75 second video](#).
- **Sketch, draw, paint or journal about nature.** Mother Nature offers endless inspirational beauty. Take your sketchbook, easel, pencil, charcoals, or watercolors and capture the many amazing subjects of the great outdoors. Worried that you can only draw stick people? Then go another direction, find a lovely nature spot, and journal what you see, hear, smell, touch, and sense around you.

Try a New Outdoor Activity

Remember to check with your health care professional before starting any new activity program.

- Is there a **new hike** you want to try? No matter where you are - whether at home or on vacation across the globe - the free [All Trails app](#) has you covered with local trails rated by difficulty, hikers' comments, photos, and more!
- Have you tried the popular pastime of **stand-up paddleboarding** (SUP) yet? I tried it last summer and really enjoyed it. But I must admit, while I could stand and paddle just fine, I enjoyed sitting on the board and paddling it like a kayak! I like that the SUP allows you to swim in the middle of the lake and then get back on your board!
- Do you love a thrill and the fun of teamwork? Then try **whitewater rafting**. There are opportunities across our beautiful province and into the Rockies on the Alberta side. Tours range from low level rapids to heart-stopping drops; find a tour that best suits your level of comfort.

- Have you ever tried **archery**? This may be the summer to bring out your internal Robin Hood or Merida and learn a new skill! Google to learn if there are clubs and instructors near you.
- What about **pickleball**? **Disc golf**? Anything that is new to you, and gets you outdoors and moving, is sure to boost your health!

Remember, Summer is a Great Time to Incorporate Earthing Techniques

Check out the topic of grounding or earthing [in this ReFresh](#).

With summer nearly here, you can take off those shoes and socks and put your feet in the grass or walk in the sand! Or, swim in natural bodies of water to connect with the earth's balancing energy and recoup the many health benefits that have been scientifically proven.

Wishing you a *ReEnergizing* and *ReJuvenating* Summer!

We invite you to set a summer well-being goal you can work towards with intent. Whether that goal is to better focus on the components of your regular health routine, or to try something new, we wish you success in enhancing your overall well-being this summer *and* enjoying your well-deserved rest!

Other Sources:

<https://www.wellsteps.com/blog/2024/05/08/summer-wellness-ideas/>

<https://www.nathab.com/blog/outdoor-hobbies-to-try-this-year>



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If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.