

Try an end-of-summer reset for a healthier fall



As the lazy days of summer wind down and give way to fall, getting back into routines becomes crucial for a smooth transition and maintaining mental well-being. Routines can provide structure, help with time management, and alleviate the stress and anxiety associated with this seasonal change. An end-of-summer reset can help you lay the groundwork for a healthy fall. These tips can help.

Schedule social time. Summer months generally bring more time with friends and family. Maintaining connections as the season changes is important to well-being. Plan social activities that align with your fall schedule.

Adjust your sleep schedule. Use the final weeks of summer to gradually adjust your sleep patterns out of vacation mode. Start shifting your bedtime and wake-up time closer to your fall schedule while aiming for 7-9 hours of sleep.

Practice school routines. Do a few “dry runs” of your school morning routine, including waking up, getting ready, and traveling to school. This helps identify potential hiccups and eases anxiety on the first day.

Reassess your work/life balance. As work or school demands increase, it’s important to establish boundaries and stick to them. Develop a routine to transition from work or school mode to “home mode” at the end of each day.

Plan your meals. Take stock of your eating habits and any lingering summer indulgences, and plan for healthier fall meals. Set aside time to plan your weekly menu, and focus on seasonal produce and comforting, nutritious options.

Encourage outdoor time. Make time to get outside for exercise or pleasure. The seasonal shift offers a perfect chance to enjoy nature’s changes while maintaining your summertime level of activity.

Check in on your mental health. As summer turns to fall, this change can bring excitement, worry, or sadness. Take a few moments to assess your feelings and schedule family chats where everyone can share their thoughts.

By taking time to do an end-of-summer reset, you’re setting yourself up for a productive, balanced, and mentally healthy fall! Embrace the change of seasons as an opportunity for personal growth and renewed focus on your well-being.



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