

Talk to yourself like you would to someone you love.
- Brené Brown



Caregiver's Digest



With warmer days and long summer nights upon us, we wanted to outline some tips to help you get through this month. Take a look at what we have curated for you:

- Self-Care ABCs
- Cookout Conversation Starters



**CONSTRUCTION
UPDATE** JUNE 2020

Construction continues and the ActivCare Orange community is really taking shape.

We still have Founder's Club spots open and we are taking reservations! Visiting the Community Information Center to reserve your spot is not required, and we can conduct a tour and process reservations virtually via email.

If you do wish to visit our Community Information Center in person, the hours are:

Tuesday through Saturday 9 am to 5 pm.

Visitors will be asked to wear a mask and to practice social distancing in observance of COVID-19 measures.

We are happy to provide a mask for any visitor who does not have one.

[CLICK HERE TO SEE HOW OUR COMMUNITY IS COMING ALONG!](#)

Summer Self-Care

With so much going on in the world it's easy for anxiety to set in. From watching the news every hour to scrolling social media a little too much, it's easy to get lost in the noise of what's going on around us. Remember that it is good to take time for yourself to give your brain a chance to process emotions and reset. Here is a brief list of things to do for your mental health while you are social distancing.

- Exercise.
- Meditate.
- Call a Friend.
- Make art, play an instrument, or listen to music.
- Limit your time online and give yourself a break from the news.
- Write your feelings in a journal or write a letter to someone you care about.
- Try a new recipe or cook an old favorite.

- Hang out with your pet.
- Change up your routine-don't get stuck in a rut.
- Remember you are not alone.

The self-care ABCs are a great shorthand for remembering how to take care of yourself:

Step **A**way

Move Your **B**ody and **B**reathe

Get **C**reative

For more insights, [Reader's Digest](#) has more useful tips to explore.



Did You Know?

- Humans are scientifically proven to be happier in the summer.
- Watermelons are not a fruit. They belong to the cucumber family of vegetables.
- The Eiffel Tower grows in the heat of the summer. Due to the iron expanding, the tower grows about 6 inches every summer.
- Studies reveal that most American babies are born in the late summer.
- There is an annual Underwater Music Festival in the Florida Keys and a 100-year-old midnight baseball game tradition in Alaska.
- Between Memorial Day and Labor Day, Americans eat over 7 billion hot dogs and the longest barbecue on record lasted 80 hours.
- Summer did not come in 1816. Countries in the Northern Hemisphere experienced an extended winter that year.