



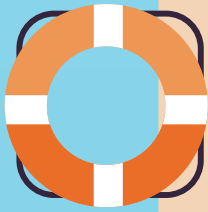
# Summer MINDSET

SEVEN SUNNY  
WAYS TO  
STRENGTHEN  
YOUR  
RESILIENCE  
THIS SUMMER

**SUMMER RESILIENCE GUIDE**

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 Coaching  
for Resilience  
THRIVING THROUGH LIFE TRANSITIONS



With the arrival of Summer #3 in pandemic life, who isn't excited to get out and socialize more? The warm weather makes it easier to gather outdoors and bring indoor activities outside, too. Yet, there is still an element of caution that looms. Each swell of Covid reminds us not to be too frivolous. So, how can you add more joy and connection with the people in your life while still being cautious and safe? How can you step outside, both figuratively and literally, to breathe in some fresh air and a new perspective? How can you take advantage of the longer days and get back into practice with a more social, active life? Here are 7 sunny ways to brighten your life and raise your resilience this summer.



### Adopt a Positive Summer Mindset

The sun is out, the breeze is blowing, summer is here in full swing! Take the opportunity to slow down a bit, nourish yourself, and exercise some self-compassion. What are you doing too much of? Give yourself permission to do less of that. It's ok to say "no" to that additional project, chore, or special favor when what you need is some downtime. What are you doing too little of? Allow yourself to do more of that, whether that is sleep, exercise, or diving into your favorite beach read. And as Adele says, "Go easy on me." Be kind to yourself and talk to yourself like you would talk to your best friend. Let yourself rest, relax, and recharge . . . it's the best investment in your future productivity!

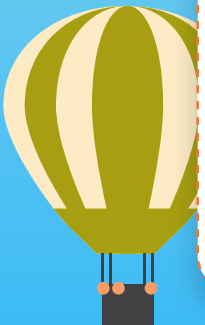


### Heighten Your Healthy Habits

Summer is the perfect time to up the ante on your physical activity. Take advantage of the warm weather and spend as much time as you can outside, keeping well hydrated. Try a new outdoor activity like golf, fishing, or even pickleball, the latest rage among those 50+. Or resurrect a sport you liked as a child and bike, hike, swim, or play tennis. Or simply get into a regular walking routine with a friend or by yourself. Take in your surroundings and "be" with yourself or listen to an enriching or intriguing podcast. Notice what happens to your energy as you build more movement into your life. Healthy habits are easier to form in the summertime and can be life-changing!



- Spend more time outside. Research shows that even short amounts of time spent outdoors improves your mood and your physical and mental health. So does Vitamin D from the sun.
- Experience "outdorphins" for yourself. Take a long walk to process your more complex thoughts and feelings. Walking boosts endorphins and combines the benefits of being outdoors with exercise.
- Tune into your senses. Pay attention to all five senses. Breathe in the fresh air and scents of new growth. Notice new life in plants and flowers, listen to the buzzing and chirping, feel the warmth of the sun and the wetness of dew. This will help you be more present.







## Plant Seeds and Take a Cue from Nature

Gardening is a very grounding activity. It connects us to the earth and our senses. How exciting to see the literal fruits of our labor grow! Research shows that gardening reduces the stress hormone cortisol and is even used in the treatment of dementia and Alzheimer's. If you don't have your own backyard or garden, consider joining a community garden. This is a wonderful way to feel connected to both nature and your community while sharing your crops and building relationships.



## Connect with Your Loved Ones

Nothing is more refreshing than jumping into a pool on a sweltering day, and nothing is more refreshing for the soul than spending time with loved ones. In pandemic life, the summer months provide so many more opportunities to get together with friends and family. Draw on your creativity and plan the type of gatherings you know your loved ones will love. Whether it is a barbecue, camping, a bonfire, or an outdoor potluck dinner, game-night, or movie-night under the stars, you can build your resilience by connecting with others and stave off isolation and/or depression. Research shows that social connections are actually a stronger predictor of longevity than our genetic predispositions!



## Experiment with Your Spirituality

Spirituality comes in a variety of flavors. It's all about what brings you inner peace, calm, and a sense of purpose. It can be expressed through meditation, prayer, communicating with nature, or attending a religious service. Or by simply being present. Try meditating or doing yoga on the beach. Start by being present; take notice of your senses – feel the soft, hot sand under your feet, listen to the sound of the waves crashing, smell the salt in the air, observe the color of the ocean, taste the salt on your skin. When you are present, it is easier to detach from your negative emotional thoughts and gain clarity about next steps. Research shows that in later life, spirituality and its inter-relationship with meaning and purpose is strongly associated with happiness and plays a key role in building resilience.



## Boost Your Mood with Seasonal Foods

Summer is known for its bright fresh fruits and vegetables so it's an ideal time to bulk up on them. While blueberries are widely known as one of the superfoods, did you know that all summer berries can help with depression? Did you also know that the "rainbow color" veggies are good for your brain, mental health, and mood? Go for the red cabbage, red and yellow peppers, and dark leafy greens, including arugula, romaine, and Bibb lettuce. Love to grill? Bring on the salmon and tuna, high in Omega-3 fatty acids, "good fats" that also help with depression. Season with saffron, turmeric, or oregano to double their mood-boosting effect.



## Express Gratitude

The summer holidays have a consistent theme: gratitude. On Memorial Day, we are grateful for those who fought for our country, On Juneteenth, we are grateful for the end of the slavery, on July 4th we are grateful for the independence of our country, and on Labor Day, we are forever grateful to have work that sustains us. But in addition to expressing gratitude formally on the holidays, expressing gratitude daily for the little things and the big things in your life is one of the most powerful things you can do. Research shows numerous physical and emotional benefits from gratitude including improved relationships, self-esteem, and even sleep. Start your day by jotting down three extremely specific things you are grateful for and see what happens!



*Resilience is all about positive adaptation through adversity. As you make your way through Summer #3 in pandemic life, it is so important to keep strengthening your resilience so you have a life preserver through these tricky waters. We're almost there but not yet. It's been a long haul and we need to stay safe as we step back into more social lives again. Use this summer to nourish yourself, physically, emotionally, and spiritually. Take advantage of the warm weather and eat seasonally, get active, reconnect frequently, and express gratitude daily for how far we've all come. Don't be afraid to step out of your comfort zone and try these new practices. Let the sunshine in and keep building your resilience one step at a time.*

### Contact Us

For more strategies for building your resilience through unexpected life changes and/or for an individual consultation

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As the founder of Coaching for Resilience, Jan helps people in mid to later life gain courage and resilience through significant work, health, and family changes so they can thrive moving forward. A Certified Professional Coach, Jan provides individual coaching, life purpose and energy assessments, and skill-building workshops on resilience, successful aging, and care for caregivers.