



WELLNESS TIPS

# Cultivating Happiness



## TIPS FOR SUMMER WELLNESS

### PLANNING YOUR NEXT VACATION

Getting ready to plan your next vacation is an exciting time to relax and take a break. Whether you travel outside your city or choose to do a stay-cation, there are key aspects to keep in mind while planning.

- 1. Deciding when you want to travel** Figuring out when the best time is for you and try to book during off season to make travel cheaper and less crowded!
- 2. Determining a budget** Figuring out how much your vacation will cost you to start saving and budgeting.
- 3. Planning your Activities** Look at the weather and what activities you can do during your trip in advance to avoid stress.
- 4. Pack Light** When going on vacation, try to not over pack so you have space for any souvenirs you want to bring back!
- 5. Location** When looking at where to stay, try to pick somewhere that is close to where you want to visit and see.
- 6. Enjoy Yourself** Remember to enjoy your vacation and eliminate the distractions of your regular life.

### BRAIN HEALTH = HAPPY SELF:

Our brains depend on four main chemicals to contribute to our happiness and well being. Doing things to trigger these neurotransmitters will give a boost of positivity and create a happy brain!

- 1. Dopamine:** The Reward Chemical Motivates you to take action towards goals, desires and needs while giving us a surge of reinforcing. Spending time on self care activates and celebrating little wins boost your levels.
- 2. Endorphin - The Pain Killer:** Released in response to stress and pain, it helps to alleviate anxiety and depression. Laughing is a great way to increase your levels
- 3. Oxytocin - The Love Hormone:** This chemical creates trust, intimacy and healthy relationships. Giving a gift or complimenting will give you the same feeling.
- 4. Serotonin - The Mood Stabilizer:** Flows when you feel significant, important or grateful. Spending time in the sun promotes serotonin production.

*Did you know that your mental wellness has a direct impact on all aspects of your physical health? With the weather getting hotter, let's make sure we enter summer glowing from the inside out!*

### OUTDOOR ADVENTURES

Trying something new and getting out of your comfort zone can help make you feel happier this summer!

- Horseback riding
- Rock Climbing
- Surfing
- Go to Amusement Park
- Rafting
- Camping
- Hot Air Balloon Ride