

STAYING CONNECTED DURING THE SUMMER

When school lets out for the year and the weather gets warmer, it is the perfect time for connecting with those around you. Check out some ways that you can stay connected this summer.

WHY IS STAYING CONNECTED IMPORTANT?

Research has shown a strong correlation between personal relationships and mental health. Connections are vital for mental and physical health because they fulfill the human need to belong. Connected relationships allow you to open up, be authentic, and feel supported by those around you.

ACTIVITIES

- **Libraries** - Libraries routinely host book clubs, interest groups, presentations, and game nights. Check your local library's website for upcoming events.
- **Community Centers** - If your city has a community center, these can be great places to play sports, attend events, and meet new people for free!
- **Utilize Social Media** - Use social media platforms to keep in touch with your friends and family. However, it is important to be mindful of your screen time. Try to use social media to plan in person events as too much social media usage can be harmful to one's mental wellness.
- **Stay active, get outside or visit a local gym** - Exercise is proven to decrease stress, improve symptoms of depression, and positively impact self-image. Planet Fitness offers teens ages 14-19 a free membership throughout the summer. Click [HERE](#) to learn more.
- **Join Local Organizations** - Seek out groups that peak your interests in your area, such as [Girl Scouts](#), [Boy Scouts](#), local Parks and Recreation sports leagues, or attend classes at your local [YMCA](#).