

A row of yellow suns with rays, drawn in a simple, hand-drawn style, spanning the top of the page.

Summer SEROTONIN

Life can be demanding, and it's easy to keep pushing through without taking the time to pause and reset. Over time, constant stress and responsibility can build up, leaving you feel drained, overwhelmed, and stretched too thin.

Easterseals MORC is proud to share its **Summer Serotonin Resource and Activity Guide** to help you step back, recharge, and restore in simple, practical ways.





Pick one to recharge

Don't overthink, pick the first thing that feels doable. Even small actions count as recovery and have a lasting impact on your overall well-being.



2- Minute Recharge

- Take 5 slow, deep breaths
- Drink a full glass of water
- Step outside for fresh air
- Close your eyes and sit in silence
- Roll your shoulders and stretch your neck
- Look out a window and focus on one calming thing
- Put your phone down and pause for 2 minutes

5-10 Minute Recharge

- Take a quick walk (indoors or outside)
- Listen to one favorite song
- Lie down and rest (no agenda)
- Do a short guided breathing or body scan
- Make a cup of tea or coffee and sit quietly
- Tidy one small space (quick wins can reset your mind)
- Step away from screens completely

30 Minute Recharge

- Take a nap or rest with eyes closed
- Shower or take a relaxing bath
- Sit outside or in a quiet space
- Journal (what's on your mind, no structure needed)
- Watch or read something light and enjoyable
- Do gentle movement (stretching, yoga, slow walk)



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SUMMER VACATION WORD SEARCH

N E F V Z Q Z Y P K Z L O D H
A E I I L H I K I N G I S N M
D R S N Z R E S O R T S C M O
Q F H E S U M M E R P L W H U
F L I G H T O M R B E A C H N
T L N K J T R I P T J N A T T
T U G T C N N P A R K D P D A
T Y B U T L V L R A F M I Y I
F N Z V Q Y U D E V N D A B N
G N I P M A C Q L E H Y F R E
L M G H L N Q P A L Z A G R C
R Q C E K A L N X R O M Z C O
T J O U R N E Y R D P C O R R
L S E S I U R C E W R U O T Q
H G O C E A N A U Y L E T O H

WORD LIST

Beach
Camping
Cruise
Fishing
Flight
Hiking
Hotel

Island
Journey
Lake
Mountain
Ocean
Park
Relax

Resort
Summer
Tour
Travel
Trip
Zoo



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Daily Gratitude Exercise

Recognizing what you are grateful for and writing it down is a great tool to improve your mood, reduce stress, and increase overall happiness by focusing on the good things in life! Take a few minutes to reflect on what you are grateful for today!

Today, I am grateful for:

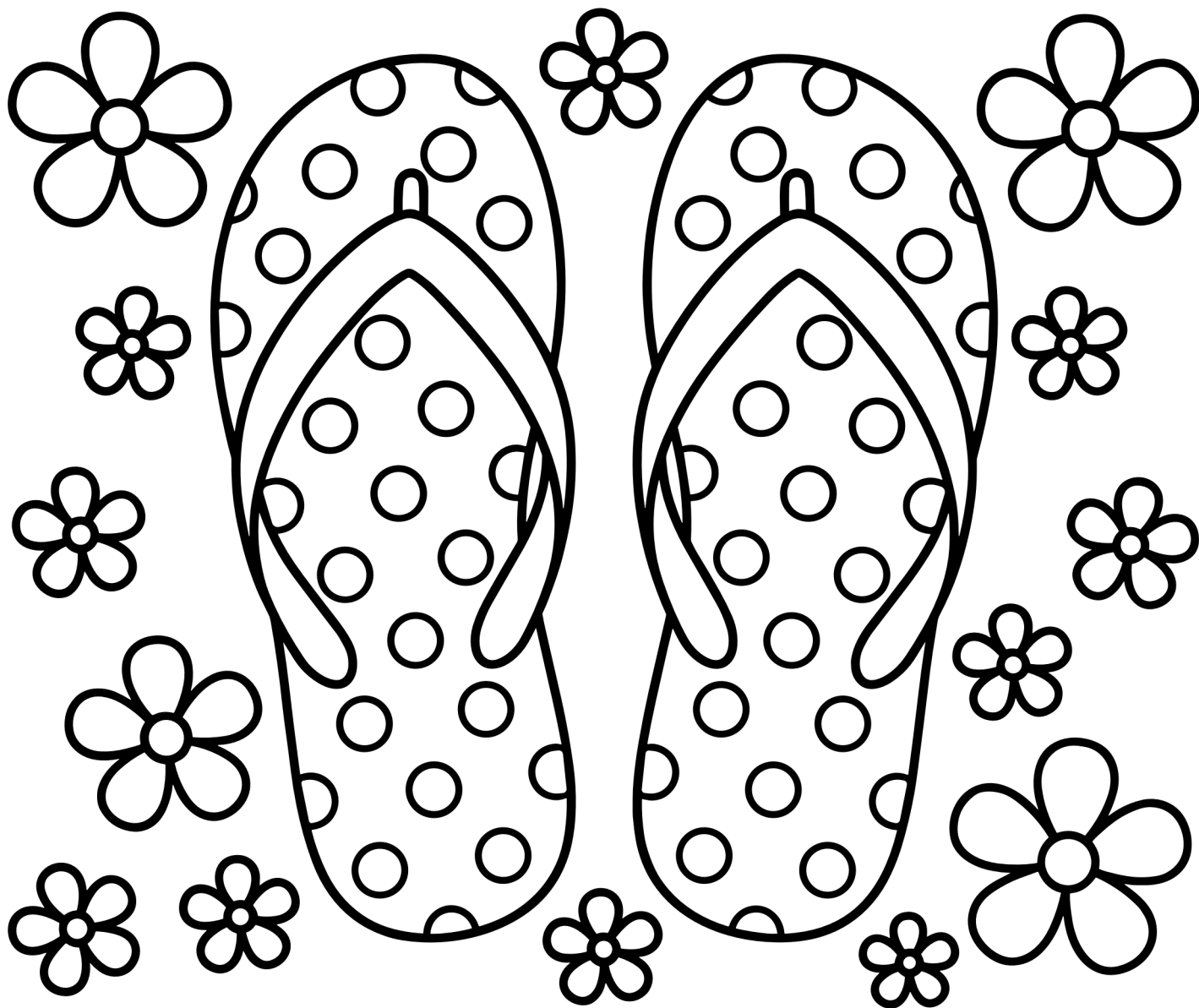
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HELLO



SUMMER



LEMONADE

\$1 PER GLASS



Summer Bucket List Activities

Have a picnic

Go to the beach

Have a bonfire with s'mores

Visit a farmers' market

Make or get ice cream

Play putt-putt golf

Host a game night with friends/family

Read a new book

Visit the aquarium or zoo

Go to a sporting event or outdoor concert



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Breathing Exercises

Next time you are feeling stressed or anxious, try one or more of the breathing techniques below!

Box Breathing

Box breathing is a simple technique that a person can do anywhere. To try box breathing, sit with your back supported in a comfortable chair and your feet on the floor. Close your eyes and breathe in through your nose while counting to four slowly, feeling the air enter your lungs. Hold your breath while counting slowly to four, trying not to clamp your mouth or nose shut. Slowly exhale for four seconds. Wait four seconds and repeat at least three times.

Simple Deep Breathing

The goal of simple deep breathing is to breathe deeply into your belly without forcing it to fill with air. Breathe in through your nose, counting from one to five. Exhale slowly through your nose, counting from one to five again. Continue the breathing exercise for at least five minutes.

4-7-8 Breathing

Relaxing breath, or the 4-7-8 breathing exercise, is a quick way to calm the nervous system and help you fall asleep. Sit down with your spine straight. Place your tongue tip against the ridge behind your upper front teeth. You'll keep this for the exercise duration. Close your mouth and inhale slowly to a count of four. Hold your breath for a count of seven. Exhale fully, making a "whoosh" sound to a count of eight.

Mindfulness Deep Breathing

Mindfulness deep breathing involves intentionally bringing awareness to the breath without trying to control the situation. Choose a pose that feels right for you. Place a palm on your belly if it helps keep focus. Close your eyes or keep a soft, unfocused gaze. Breathe in slowly for a few counts, being mindful of the hand rising. Hold the air in your lungs for a short pause. Exhale slowly, paying attention to your hand falling. Notice how different the inhale and exhale feel.

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MAZE GAME

Draw a line to help the explorer find their way to camp.





Printable Permission Slips

Make yourself and your mental health a priority. Print this page and use it as permission to take what you need!

Take a few minutes to breathe

Call a friend or family member

Sit outside with a good book

Write in a journal

Drink a glass of water

Laugh on purpose

Organize your desk or an area of your home

Listen to your favorite music or podcast

Cook a new (or your favorite) recipe

Get 8+ hours of sleep

Do a random act of kindness

Spend time with furry friends

Schedule a therapy appointment

Draw, doodle or color

Go for a walk or stretch



Affirmations on Repeat

Read these affirmations out loud to yourself every morning to start the day off in a healthy, happy mindset this summer.



I am energized by the brightness of the season.



I attract abundant success in all my endeavors.



I radiate confidence like the sun radiates warmth.



I release what no longer serves me and embrace peace.



I am present in each golden moment this season offers.



I choose to see beauty in the simple things around me.



Opportunities flow to me like a summer breeze.

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Affirmations on Repeat **for Kids!**



**I am kind and
full of joy.**



**I shine bright
like the
summer sun.**




**I can learn
new things
every day.**




**I spread love
like sunshine.**



**I believe in
myself.**



**I am brave
like a high
wave.**



**Today is a fun
and happy day.**

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