

SELF-CARE IDEAS FOR SUMMER

STAY GROUNDED, EVEN WHEN YOUR SCHEDULE CHANGES.



Get Outside

Take a walk, go for a hike, or relax under a tree with a good book. Fresh air and greenery can clear your mind!

Start Your Day Right

Ease into your morning with journaling, light stretching, or a short meditation.

Stay Hydrated

Drink plenty of water and enjoy fresh fruits like watermelon and berries. Staying hydrated helps with energy and focus.

Take a Break from Social Media

Log off for a while to reduce stress and mental clutter. Logging off can help you reconnect with yourself and others.

Creative Hobbies

Pick up a creative outlet like painting, photography, or journaling. It's a fun way to relax and express yourself.

Beat the Heat

Wear light, breathable clothes and use cooling towels or fans. Staying cool helps you feel better and enjoy your day more.

Stay Connected

Spend quality time with friends through low-key plans like picnics, coffee dates, or evening walks.

Keep a Light Routine

A flexible, simple routine can help reduce anxiety and provide a sense of stability.

CRISIS AND EMERGENCY SUPPORT (U.S.)

HELP IS ALWAYS AVAILABLE - YOU'RE NEVER ALONE.

988 Suicide & Crisis Lifeline

Call or text 988

Crisis Text Line

Text HOME to 741741

Marjaree Mason Center

559.237.4706

The Trevor Project (LGBTQ+ Youth)

1.866.488.7386 or text START to 678678



PODCASTS FOR MENTAL HEALTH

EASY LISTENING FOR SUNNY DAYS AND CHILL NIGHTS.



The Happiness Lab

Dr. Laurie Santos shares science-backed insights and surprising truths about what really makes us happy.

Therapy Chat

Licensed therapist Laura Reagan explores emotional healing, trauma, and self-compassion through expert interviews.

Mental Illness Happy Hour

Comedian Paul Gilmartin hosts candid, often humorous conversations about mental health, shame, and resilience.

The Mindful Kind

Rachael Kable offers gentle, practical tips for living with more mindfulness, calm, and intention.

Unlocking Us

Brené Brown dives into the emotions and stories that define our lives, with guests and real, vulnerable conversations.

Self-Healers Soundboard

Dr. Nicole LePera and Jenna Weakland discuss self-awareness, healing, and the journey toward inner growth.

Ten Percent Happier

Dan Harris explores mindfulness and meditation with teachers, scientists, and skeptics to help listeners feel 10% better.

Fell Better, Live More

Dr. Rangan Chatterjee shares empowering health advice and inspiring stories to improve your mind, body, and life.

MENTAL HEALTH APPS YOU CAN USE ANYWHERE

EASILY SUPPORT YOUR MENTAL AND EMOTIONAL WELL-BEING ANYTIME, ANYWHERE—RIGHT FROM YOUR PHONE.:



Insight Timer

A free meditation app offering thousands of guided sessions, music tracks, and talks from mindfulness experts around the world.



Sanvello

An app that combines cognitive behavioral therapy, mood tracking, and self-care tools to manage stress, anxiety, and depression.



Headspace

An app focused on guided meditation, mindfulness exercises, and sleep aids for stress reduction and mental well-being.



MindDoc

A mental health companion app that tracks mood and emotional health over time and offers tailored insights and resources.



Shine

An app that supports mental health with self-care messages, guided meditations, and inclusive content.



Calm Harm

A clinically-backed app made to help people resist or manage the urge to self-harm through distraction and coping techniques.



Youper

An AI-powered emotional health assistant that uses conversation-based CBT techniques to support mental wellness.



@FSHealthCenter

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THRIVE THIS SUMMER

YOUR GUIDE TO MENTAL WELLNESS FOR COLLEGE STUDENTS

This booklet offers a summer-ready toolkit filled with mental health apps, inspiring podcasts, crisis support resources, and easy self-care practices to help maintain well-being all season long.