



# **MAKE GOOD CHOICES**

## **ALL SUMMER LONG**

**Warmer weather and longer days mean summer is officially here. Make this one better than ever by putting your wellness first with these healthy living tips.**

### **HYDRATE LIKE YOU MEAN IT**

Drinking water is important, and warm weather makes it even more vital. As your activity levels increase, so should your water intake. Also, keep an eye on older adults and children because they tend not to feel thirsty until they're already dehydrated.

### **KEEP IT FRESH**

There's nothing like farm-fresh food. And there's no time like summer to enjoy the best of it. Your favorite fruits and veggies are now in season at local farmers markets and produce stands. Extra bonus? They're also part of a good nutritious diet, so go indulge yourself!

### **CONTROL SUN EXPOSURE**

Plenty of sunshine means vitamin D and better moods. However, it also puts you at increased risk for sun damage. Choose a sunscreen right for your skin type. Be aware of the different kinds. If you have sensitive skin, there are more options than ever to keep you reaction-free.

### **LOCATION. LOCATION. MEDITATION**

It's vacation season. However, you don't have to leave for quality downtime. Challenge yourself to find that special place where you can escape it all. Maybe it's your backyard, a quiet park, or maybe it's as simple as a locked bathroom at home. Go there whenever you need to recharge.

### **WORK ON YOUR FITNESS**

Transform exercise into activities and activities into exercise. Ride a bike, kayak, shop or just stroll around the block. You'll start burning extra calories without even noticing. Summer is also a great time to try out that new fitness class you've been considering.

### **CHECK IN WITH YOURSELF ... AND YOUR DOCTOR**

Are you stressed? Overwhelmed? Always tired? These symptoms aren't just part of life. If you can relate, it's time to get honest about how you're feeling. Reach out to a counselor or doctor. Even if you can't put your finger on it, there's someone who can help figure it out.

**Call SUN first at 302-604-5600.**

If you or a loved one needs expert care to return to a path of wellness this summer, we can help. SUN Delaware is a mental health and substance use disorder treatment facility that offers comprehensive inpatient treatment, partial hospitalization and intensive outpatient services to people of all ages — from children to seniors. Our dedicated team of compassionate professionals is available 24 hours a day, seven days a week.