

# 30 Ways To Well



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<p>1</p> <p>Get the benefits of <u>Blue Spaces</u> by heading to the beach! Water has restorative mental benefits, including better mood.</p> 	<p>2</p> <p>Music boosts dopamine and reduces stress. Check your local parks for free summer concerts.</p>	<p>3</p> <p>Feeling bored or stuck? Plan a road trip! Travel can open creativity and helps you think in new ways.</p> 	<p>4</p> <p>Go for a hike. Hiking helps strengthen muscles and being outside improves mental health. <u>Click here</u> to find a trail near you!</p>	<p>5</p> <p>Sun Safety tips: Apply SPF 30 or higher all over, using a shot glass amount. Reapply every 2 hours. Choose mineral sunscreen for kiddos.</p> 
<p>6</p> <p>Improve balance, quiet your mind, and enjoy nature too! Find an outdoor yoga class at a park near you.</p> 	<p>7</p> <p>Go old school with croquet or Bocce. Gather your besties, put the phones away, and enjoy a fun game in the backyard or park.</p>	<p>8</p> <p>Grab your blanket + fill your Yeti with delicious food—it's time for a picnic! Make this tasty and fiber-packed <u>potato salad</u>.</p> 	<p>9</p> <p>Cool off with an icy treat. Make this low-sugar <u>Triple Melon Granita</u>.</p> 	<p>10</p> <p>Visit a state park. Whether you're looking to rent a rowboat or see a sequoia, you can <u>find</u> an adventure nearby.</p>
<p>11</p> <p>Get in a little physical activity and fine tune your coordination with a game of mini golf. Find a course <u>here</u>.</p>	<p>12</p> <p>Lower your blood pressure and find inspiration at a botanical garden. Search online for one near you.</p> 	<p>13</p> <p>It's sweltering outside, so it's the perfect time to cool off at a <u>museum</u>. Boost your brain power in the comfort of AC.</p> 	<p>14</p> <p>It's time to stargaze! Wait for a clear night and look for <u>constellations</u>. Bonus points if you have a telescope!</p>	<p>15</p> <p>Enjoy gorgeous scenery and work your upper body at the same time. Grab some friends and find a place to canoe or kayak.</p> 
<p>16</p> <p>Camping can help you <u>unplug and unwind</u>, but if a full on trip isn't in the cards, you can camp in your backyard.</p> 	<p>17</p> <p>Have a hard time drinking enough water? Make an infused water, like <u>Cucumber-Mint!</u></p> 	<p>18</p> <p>Unleash your inner Barbie and go see the new movie (opens July 21)! Nostalgia helps connect us to our past and our social networks.</p>	<p>19</p> <p>Work your core and challenge your balance, all while enjoying the ocean. Look for a surf school near you!</p> 	<p>20</p> <p>Grab your helmet, find a <u>bike path</u>, and go! Bicycling boosts endurance and improves flexibility.</p>
<p>21</p> <p>From Pride walks to craft fairs, summer abounds with mood-boosting festivals. <u>Find one</u> for you!</p> 	<p>22</p> <p>Tap into wonder. Wonder helps us physically by lowering blood pressure and stress hormones. Go see fireworks, plant herbs, or meditate to foster the feeling.</p>	<p>23</p> <p>Low-impact and great for both mental and physical activity, swimming is also fun! Find a local pool or <u>book one</u>.</p> 	<p>24</p> <p>Reading for pleasure boosts brain activity and fosters social connections. Head to your local library and check out a book or join a book club.</p>	<p>25</p> <p>Summer fruit is loaded with antioxidants and natural sweetness. Use it to make refreshing <u>ice pops</u>.</p> 
<p>26</p> <p>Improve your fine motor skills and memory and reduce stress by spending the afternoon painting. You can take a class or simply bring some watercolors to your local park.</p>	<p>27</p> <p>Chill with friends and family around a campfire and enjoy <u>s'mores</u> while you're at it!</p> 	<p>28</p> <p>Rich in antioxidants and bursting with flavor, berries are ripe for the picking! <u>Find</u> a patch near you.</p> 	<p>29</p> <p>Plant something! <u>Gardening</u> helps improve your mood + self-esteem.</p> 	<p>30</p> <p>Creating a piece of art that we can use helps improve mental health. Find a white T and <u>tie dye</u> it!</p>

