

FOR IMMEDIATE RELEASE

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Freedom with Focus

Summertime often brings a sense of freedom with longer days, school breaks, vacations, and a more relaxed pace. While this season offers a welcome break from the demands of the rest of the year, too much unstructured time can lead to issues like decreased productivity, disrupted sleep patterns, and even increased anxiety. A daily routine helps regulate sleep, encourages physical activity, and promotes healthy eating.

For students, summer can mean forgetting academic skills. Incorporating short, daily learning sessions or reading time into a routine keeps the brain engaged and helps reduce the learning loss that can occur over long breaks. For kids and teens, routine brings predictability, which can be comforting, having a summer routine encourages them to take ownership of their time. This might include managing their own to-do list, preparing simple meals, setting personal goals, and helping build life skills and confidence.

Tips for Creating a Summer Routine include keeping your routine flexible but consistent (e.g., similar wake/sleep times). Mix responsibilities with fun. Schedule outdoor time and creative activities. Include some form of movement daily. Set weekly goals to provide a sense of accomplishment. Whether you're a student, a parent, or someone simply enjoying the season, a routine doesn't restrict your freedom it empowers it.

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