



SUMMER OF SELF-CARE

CONSCIOUS HEALTHY MAMA

When summer hits, the heat can hit you hard.

Summer is Pitta season, which if you're not familiar with Ayurveda means that it's a few months of high heat, high intensity, and high level of activity.

It's really easy to burn out during the summer because the heat is draining, but also all of the "to-do-ness" that comes with summer leaves us overscheduled and under rested.

Here's a quick list of self-care practices for your body, mind, and heart to not only survive summer but really enjoy your summer without feeling completely depleted by the time September rolls around.

SUMMER SELF CARE BASICS

BEAT THE MIDDAY HEAT: Avoid activity during pitta time (10am-2pm). The sun is hottest in the sky and the fire in your own body is high during that time as well. Double burnout. Get out early or late to enjoy summer outdoors!

WHOLE BODY HYDRATION: Drink more water, lube up your skin with coconut oil (which is extra cooling and lux for your skin), and spend more time with water, whether in the pool or walking near a stream.

EAT JUICIER FOODS: Basically, eat the season. The fruits and veggies that grow and thrive in the summer are designed for optimal summertime digestion. They are lighter, more water-based, and easier for your body to handle during the hotter months. This also means you'll be eating a little lighter, which is exactly what you need in the summer months, when the excessive heat can reduce your appetite. So grab handfuls of those juicy berries, cut up that watermelon, slice up those cucumbers and make your summer digestion smoother!

STEP UP YOUR SUMMER SELF CARE

TAKE A MOONLIGHT STROLL: Since summer is all about celebrating the sun, it can become a little much sometimes. Nothing like a moonlight stroll to calm pitta and help you soak up some soothing lunar love.

SOOTHING SCENTED WASHCLOTH STASH: Keep wet washcloths in your fridge to place over your eyes over your eyes or on the back of your neck when you're feeling overheated. ****Bonus: add lavender essential oil, mint, OR sandalwood for some extra cooling scents*

MAKE A SIMPLE ROSE WATER BODY MIST: This is super easy to make. All you need are a few roses, some filtered water, and about 15 minutes to lightly boil the roses in that water. Then you strain the petals out, put it in a spray bottle, and you're good to go! Roses are known for their anti-inflammatory properties and great for soothing red, irritated skin.

PRACTICE SITALI BREATH: When you find yourself overheating, close your eyes and breath in through your mouth like you're breathing through a straw. Breathe out through your nose. Repeat this cycle for a few inhales and exhales.

BEFRIEND RESTORATIVE YOGA: During the summer it's hot yoga all season long. I'm not saying you should give up your favorite flow class or stop rocking those arm balances. But mixing it up with some restorative yoga will keep your body cooler, calmer, and more grounded during the intensity of summer.

SUMMERTIME MANTRAS

"Stop and smell the summer"

"There is enough space for everything I want to do."

"Have a love affair with the sun. Make sure to use protection." (wink, wink)

"Say "yes" to doing less."

"Soak up the shade"

"Remember to rest"