

# Maximizing Your Summer Break



Now's the time to set yourself up to get the most out of your summer. Look ahead at the next few months and set some intentions around what you hope to accomplish. The following steps are designed to help you maximize your summer so you can feel fulfilled and refreshed.

**Make a summer bucket list.** This is a list of all the activities that you want to carve out time for this summer. This could be taking a trip, visiting a museum, reading a book, berry picking, hanging out with friends, or learning a new skill.

**Make a weekly schedule.** Break the summer down into weeks and begin to fill in any planned events like vacations, summer camps, and other standing activities. Next start to fill in your bucket list items. Give yourself room for unstructured downtime.

**If you're a parent, firm up childcare.** Think about what's going to work best for your family. Some people use a combination of summer camps, babysitters, or grandparents.

**Keep it simple.** Sometimes the best memories are born out of the most basic activities, like stomping in puddles or watching the sunset. When these opportunities come up, try to be present and take in these fleeting moments.

**Unplug.** No one ever says to themselves, "I wish I'd spent my summer checking my phone more". But you can certainly miss opportunities to connect and make memories by burying yourself in your devices.

**Stay flexible.** Striking a balance between structure and spontaneity in the summer is not easy, so don't be too hard on yourself if you don't always get it right. Keep assessing how things are going and make adjustments along the way.

Are you having a hard time relaxing or enjoying your free time? Contact your Employee Assistance Program for help.

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Brunelli, L.M. *Very Well Family. 5 Tips for Planning a Great Summer for Your Family.* Retrieved June 1, 2021. <https://www.verywellfamily.com/better-summer-vacation-kids-parents-3862450>



## Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

**TOLL-FREE:**  
1.800.833.3031

**WEBSITE:**  
[www.EAPHelplink.com](http://www.EAPHelplink.com)

**CODE:**  
IOWA