



SUMMER TIME EMOTIONS

During the school year, life has a routine. You wake up at the same time, see the same people, and your days have structure. Even when it's stressful, that consistency helps your brain feel steady.

Then summer comes and everything shifts. Sleep schedules change, you see friends less, and there's way more unstructured time. That can leave you feeling bored, restless, or stuck. You might notice feeling more irritated, unmotivated – unexpectedly lonely – or wanting to be alone more than usual.

The good news is there are plenty of simple things you can do to support your mental health and feel more like yourself during the summer.

"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

Follow for more resources!

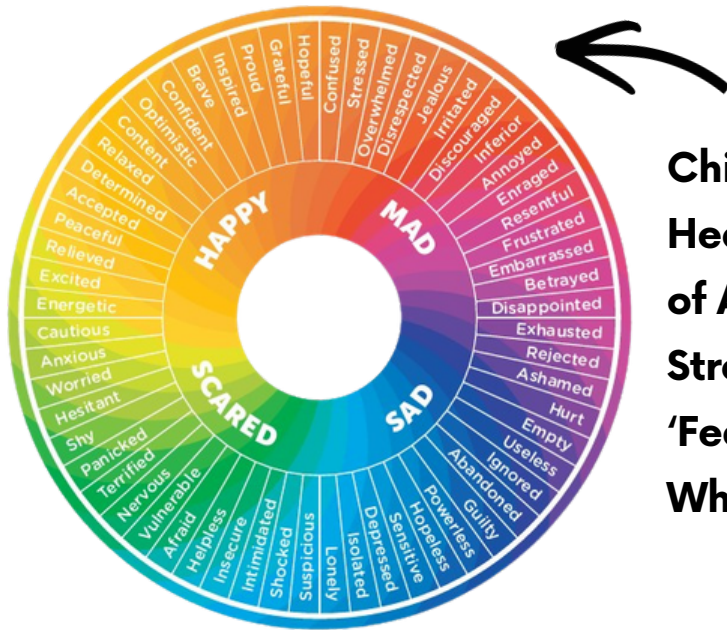
@freeyourfeelsga



RESET YOUR SUMMER MOOD

- Pick a realistic bedtime and wake-up time and stick to it (even loosely). Better sleep can quickly improve your mood and energy.
- Regular hangouts, a solo outing, or even a weekly treat can give your days more direction.
- Go for a walk, stretch, dance, or play a sport. Movement helps release stress and boost your mood.
- Try a new library, park, coffee shop, or even just a different room. A new space can help you feel less stuck. 1

JOURNALING ACTIVITY



Children's Healthcare of Atlanta Strong4Life 'Feelings Wheel'

Step 1: Explore Your Feelings

Ask yourself:
"What have I been feeling lately?"
Try to name 2 or 3 emotions.

Step 2: Be Curious

Ask:
"When do I feel this the most?"
"What might be causing it?"

Example: missing friends, being at home more, too much free time or not having enough to eat

Step 3: Try Something New

Pick one feeling and ask:
"What actually helps when I feel like this?"

It could be:

- Getting outside
- Listening to music
- Doing something creative
- Texting or calling a trusted adult
- Taking a break from your phone

RESOURCES

[View the calendar](#)



The Alliance for Prevention & Wellness has a neat 'Mental Health Matters' calendar to support your mood and over all energy this summer!



[Click here for the checklist](#)

Peep this self-care checklist from Mental Health First Aid for simple, fun ways to boost your mood. From journaling to hanging out with friends, these ideas are easy to try and can make a real difference in how you feel every day.

[Click here for the 988 website](#)



988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies.