

Toilet Talks



Summer 2021

Have a Stress Free Summer

Spend more time outside

Take advantage of the warm weather and spend more time outside! Spending time in nature is associated with positive mood and psychological wellbeing. Encountering green space — trees, plants, gardens— can be rejuvenating. Take a walk, ride a bike or simply sit outside!



Step away from the screen

Experiment with spending less time on your phone. Engaging in activities that bring your attention and awareness to the present moment can improve mental health. Many people report feeling more focused and less stressed after taking a break from phone use and social media.

Schedule time for self-care

Summer gives us a chance to relax and take a breather. Take advantage by slowing down and learning to say *no*. Even if you're taking summer classes or working, set aside some time each week where you can focus on your own mental, social, and physical wellness.



#ProtectYourNest

Help prevent the spread of COVID-19:

- Wear a face covering
- Maintain physical distance
- Wash hands often
- Avoid gathering in groups