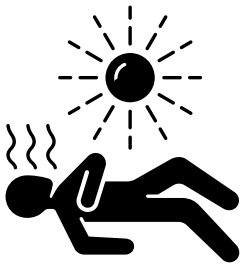
Summer Mind: Looking After Your Mental Health in Warm Weather

Why summer can affect mental health

Summer can be uplifting, but it can also bring pressure, disrupted routines and physical strain. Hot weather may affect sleep, energy, concentration, appetite and mood. Longer days, social expectations, body image worries, childcare pressures, travel disruption and loneliness can all make daily life feel harder. Looking after your mental health in the summer means planning ahead, pacing yourself and asking for support early.



Summer risks to mental health

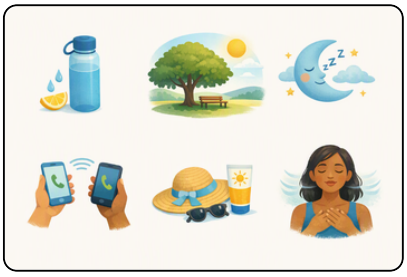
- Heat and dehydration: feeling too hot or not drinking enough can increase tiredness & irritability, cause headaches and poor concentration.
- Poor sleep: warm nights and longer daylight hours can disrupt sleep, which can make stress, anxiety and low mood worse.
- Changes in routine: holidays, childcare, shift changes or time away from normal support can feel unsettling.
- Social pressure: feeling expected to be happy, busy or sociable can increase anxiety or loneliness.
- Body image worries: summer clothing, social media and comparison can affect confidence and self-esteem.
- Medication and heat: some mental health medicines can affect how the body copes with heat or sweating. If concerned, speak to a GP, pharmacist or prescriber.

Summer Wellbeing Tips: Looking After Your Mind & Body

- Build a simple daily routine – Choose one daily anchor like a morning drink, regular meals, light movement or a consistent bedtime to help you feel grounded.
- Stay cool and care for your body – Drink plenty of water, wear light clothing, seek shade, avoid the hottest part of the day and rest when needed.
- Protect your sleep and energy – Keep a calming bedtime routine, reduce screen time before bed and keep your sleeping space as cool as possible.
- Stay connected and seek support – Check in with friends, family or neighbours, and keep the contact details of trusted people or support services close by.
- Choose gentle, mood-boosting activities – Plan low-pressure activities like shaded walks, parks, libraries or quiet cafés, and exercise during cooler parts of the day.
- Be kind to yourself – Lower expectations during hot weather, take breaks from social media if needed, and remember that rest is an important part of wellbeing.

When to get extra support

If you feel unable to cope, feel unsafe, notice your mental health getting worse, or are worried about someone else, seek help early. Speak to someone you trust, contact Six helpline, GP or NHS 111, or use urgent support if there is an immediate risk to safety. You do not have to wait until things become a crisis.

24/7 Confidential Helpline- 07360 533 028
helpline@sixmha.org

www.sixmha.org
Scan for the SIX MHA App - DVG-410-935