

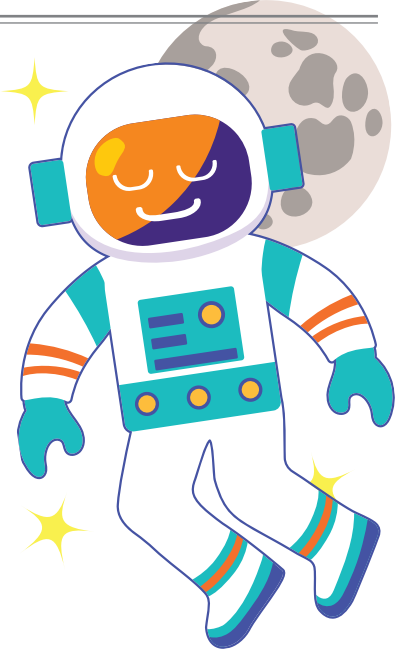
THE STALL STREET JOURNAL

Your Summer Reset: A Re-Entry Checklist

Returning home in the summer can be an abrupt transition with the flurry of finals and whirlwind of moving out. Depending on your summer plans, this sudden shift can be both exciting and challenging. Here are a few ways to ease the transition and reset for the months ahead.

- **Celebrate!** You've officially made it through two finals seasons, a 90+ degree move-in, Halloweekend, late night Hub sessions, cramming for midterms that somehow felt constant, unexpected downpours, the Mardi Gras marathon, several boil water advisories, and whatever else this year has thrown at you. That deserves some recognition. Take the time to acknowledge those accomplishments and reflect on how much you've done since last August.
- **Unwind.** Once the adrenaline of the end of year wears off, you may realize just how tired you are. Give yourself some time to recharge, relax, and adjust to a slower pace. You've earned it!

- **Make your space your own.** You may be settling into one place for several months or staying somewhere temporarily. Either way, take time to make your space feel comfortable. Even small steps—like organizing a few essentials or creating a place to relax—can help you feel more grounded wherever the summer takes you.
- **Create structure.** Establishing loose routines can help you to feel like your summer days have some structure. Build moments for your well-being into your everyday plan: for example, start your day with a nourishing breakfast (even if you wake up late), take advantage of long summer sunsets by making fun evening plans, or reach out to old friends for a catch up.
- **Gently build momentum.** Set a couple of small, achievable goals each week so that you feel prepared for the new semester and your eventual return to school.



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Summer Self-Care Check In

Without the usual rhythm of classes, deadlines, and regular social interaction, days can start to blur together, which may bring up feelings of loneliness, restlessness, or anxiety. Social media can also fuel comparison, making it appear that everyone else is having a more exciting or productive summer than you are.

This is when self-care becomes an especially important tool for staying grounded and taking care of your well-being.

Self-care should not feel like a chore but an ongoing practice of acknowledging your needs and taking intentional steps to support yourself across different dimensions of wellness. Use these check-in questions to pause and reflect on how you're doing this summer:

Emotional Check-in:

- What emotions have I been feeling most often lately?
- What parts of my routine feel draining, and what helps me feel grounded?
- Am I comparing my summer to others on social media? How does that affect me?

Social Check-in:

- Do I feel connected to people who support me?
- Have I been reaching out, or isolating more than I realize?

Physical Check-in:

- Am I taking care of my basic needs like sleep, hydration, and regular meals?
- Am I moving my body in ways that feel good to me?

Taking time to reflect can help you identify what you might need more of right now and where to focus your self-care. That might be rest, connection, structure, or simply giving yourself more grace as you adjust to a different pace of life in the summer.