

Summer Activities to De-Stress Families

Summer can be a great time to strengthen family or community ties as you leave the school year behind. Strong social connections and mindfulness activities are key factors to lowering stress levels. Strengthen your relationships and combat stress with activities that bring you peace of mind, exercise, and family or community connection.

- Cool off with fun learning at a museum, zoo or aquarium.
- Draw pictures or write inspirational messages with chalk on city sidewalks.
- Volunteer as a family at a local food shelf.
- Build and hang bat houses together.
- Invite neighborhood kids for bocce ball or other lawn games.
- Play frisbee at your local park.
- Move movie night to the backyard.
- Create an outdoor obstacle course for your family or pets.
- Create an art camp weekend for your family using a variety of media.
- Go on a nature scavenger hunt.
- Pack a picnic dinner with a fun theme for diners (example: fancy hats or superheroes).

For more ideas and information, search **family fun** on the NuVantage Wellness Portal.

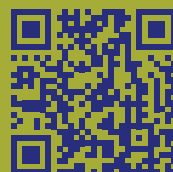
Go to **Member Intake** to access NuVantage behavioral health counselors offering support for your family.



Free and confidential.
24 hours a day, 7 days a week.

800.577.4727

NuVantage.org | nuvantage@lssmn.org



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