

Ways to Keep Your Brain Sharp Over Summer Break

Greetings, Spartans!

Summer provides the perfect chance to relax and decompress from all of the challenges and stresses of the school year. However, time away from such challenges can often lead to "brain drain" and not feeling as "sharp" upon returning to school the following year.

To avoid this and help keep your brain in shape, consider some of the tips below in between soaking up rays and trips to the pool...

- **Exercise** – Experts agree that exercise increases blood flow, which in turn helps brain cells to "fire" properly. Regular exercise will cause you to think more clearly and feel less lethargic.
- **Reduce Stress** – Use the down time of summer to ease your mind. Stress and anxiety can cloud judgement and often lead to brain fatigue. Take a break from your worries if you can. Try to fill your time with positive activities or thoughts.
- **Set a sleep schedule** – Who doesn't love to sleep in? While it may feel good on occasion, your body and brain actually work better when in a regular sleep cycle. Try to stick to the same bed time and wake up time throughout the break. Smart phones and watches can help to monitor these patterns properly. Try it!
- **Stay Social** – Don't shy away from friends and family. Social gatherings or simply staying in touch over the phone can help you to maintain positive thoughts through healthy relationships. Go ahead, visit that friend you haven't seen since school ended.
- **Read** – Are you a reader? If so, great – read more! If not, start reading! Reading is the ultimate way to workout your brain. Think outside of the box and read things you typically would not. Keeping the brain guessing is a great way to strengthen it!
- **Have a Summer Project** – Find something productive to do! Paint a room, build something, take lessons – anything to pique your interest and usefully pass time.
- **Volunteer** – There are countless organizations and agencies that would be thrilled to have summer help. You can meet new people, find a new-found purpose, and help others!
- **Join a Group/Program** – No time like the present to join that club you've always had interest in. Use your time off to broaden your horizons and better yourself!

- **Play “Mind Games”** – Try your hand, or brain, at puzzles. Word searches, Sudoku, crossword puzzles, Legos, etc... Anything that causes you to think is healthy and helpful for the brain.

*Try any or all of these tips and I assure you of success in the upcoming school year!
Remember, with effort a Spartan will always succeed!*

Enjoy the break and see you soon!

Sincerely,

A handwritten signature in black ink, appearing to read 'Mr. Sholtis', with a stylized flourish at the end.

Mr. Sholtis

