

8 Tips to Help Remedy Your End-Of-Summer Blues

With shorter days and cooler temperatures ahead, you may begin feeling some end-of-summer-blues. Even for those who don't have kids, the "back to school" mentality can awaken anxieties from long ago about returning to school.

Now is the time to start planning for the changes coming your way. You'll be much happier being well-prepared than suddenly shocked when the season comes to a screeching halt. Here are 10 ways to help beat those annual end-of-summer blues.

Help Ease Your Transition from Summer to Fall

Just because the summer season will soon be ending doesn't mean your good mood has to end as well. With the seasons change, there is a lot to look forward to.

Clean out your closet. With summer coming to an end, it's the perfect time to go through your closet and get rid of stuff you haven't worn in years. Donating or tossing your old clothes will also give you the chance to indulge in some retail therapy. Create space in your closet for new scarves, cozy sweaters and new comfortable boots to help get you excited for the cooler months ahead.

Reframe summer. Curing yourself of the summer blues doesn't mean you have to get rid of your summer memories. Remember your fondest summer memories spent with family and friends by creating a collage or using your favorite summer memories as the screensaver on your computer, or create a summer 2017 summer scrapbook as a nice keepsake to look back on.

Look forward. Apple picking, drinking hot chocolate, bundling up by the fire and watching the leaves fall are just a few of the many perks of fall we have to look forward to.

Embrace more cuddles. As the cooler weather sets in, it creates a great excuse to spend more time being comfy under the covers whether you're reading a book to the kids or catching up on your favorite book. If you don't have the time or inclination to laze around in bed all day, cuddle time can be had during playtime as well. This extra bonding before school starts will help your child cope better with the coming changes.

Get a good night's sleep. Not getting adequate sleep can lead to irritability. Ensuring a full 7-8 hours of sleep a night (9-10 hours for kids) will help you stay rejuvenated, your daily tasks will get accomplished, and you will beat those end of summer blues in no time.

Mark the calendar. Your beach vacations, camping trips and time on the lake maybe coming to an end for the next several months, but there's a whole new list of fun fall adventures to look forward to. Apple picking, fall festivals and holiday celebrations are on the way. Make some plans, and take advantage of any long weekends in the near future. Not only will you have something to look forward to, but you'll be helping yourself to stay healthy and avoid tension.

Take a "staycation." The summer ending is a great time to really relax and appreciate the lingering days of the season. Enjoy a day of pure laziness at home or splurge and indulge in your favorite, local bed and breakfast. Whatever you choose, be sure to plan the whole thing ahead of time. No chores, cooking, or anything of the like should be done during your staycation. Make it yours so you can bounce back from summer totally recharged.

Use this time as a fresh start in your career. It may seem hard to justify working harder as a priority just as you're coming off of the lazy days of summer, but it will benefit you in the long run. Just as you'd begin a new school year at summer's end, now is a perfect time for a fresh start and a rejuvenated outlook in your career. If you set your sights on a promotion or commit to improving your performance in the office. Not only will your mind be taken off the fact that summers' over, but you'll also have new goals to work toward.