pfcs
Palomar Family Counseling Service, Inc.

Summer Mental Health Checklist

Summer is a time for fun and connection, but it can also bring stress and disrupted routines. Use this checklist to support your family's mental health this summer and beyond.

✓ For Kids & Teens

- ◯ **Create a Flexible Routine:** Set a loose summer schedule with regular meal times, outdoor activities (like a walk in Kit Carson Park), or creative projects to provide structure and reduce anxiety.
- ◯ **Limit Screen Time:** Encourage device-free periods, such as family dinners or outings to Live Oak Park, to balance social media use and promote mental wellness.
- ◯ **Talk About Feelings:** Have daily check-ins with open-ended questions like, "What's been the highlight of your day?" to foster emotional connection.
- ◯ **Discuss back-to-school goals or worries** to ease the transition. Our experienced therapists in North County can help!

✓ For Parents

- ◯ **Practice Self-Care:** Dedicate 10 minutes daily to mindfulness, journaling, or a relaxing activity like a walk in Vista's Brengle Terrace Park.
- ◯ **Set Family Boundaries:** Agree on clear rules for summer activities or chores to prevent conflicts and maintain harmony.
- ◯ **Seek Support:** If stress or burnout feels overwhelming, explore PFCS's individual or family counseling, available via telehealth or in-person at one of our clinics in Escondido, Fallbrook, or Vista.

✓ For Couples

- ◯ **Schedule Quality Time:** Plan a date night or low-key activity, like a sunset walk in Oceanside, to nurture your relationship.
- ◯ **Communicate Openly:** Use "I feel" statements to address tensions and strengthen connection. PFCS's couples counseling can guide you through conflicts.
- ◯ **Check In Regularly:** Set aside time each week to discuss summer plans or emotional needs, ensuring you're on the same page.

✓ Bonus: Community Connection

- ◯ **Get Involved Locally:** Join a North County event, like a Fallbrook community fair or Poway's summer activities, to build social connections.
- ◯ **Reach Out to PFCS:** Learn about our sliding scale fees, insurance and Medi-Cal options, and community partnerships with funders like the Fallbrook Regional Health District.
- ◯ **Call (760) 741-2660** to start your journey to positive growth.

Palomar Family Counseling Service offers individual, family, youth, and couples counseling to help you thrive. Call to schedule an appointment today.
Let's make this summer a season of resilience and joy!

www.palomarfamilycounseling.com
760.741.2660