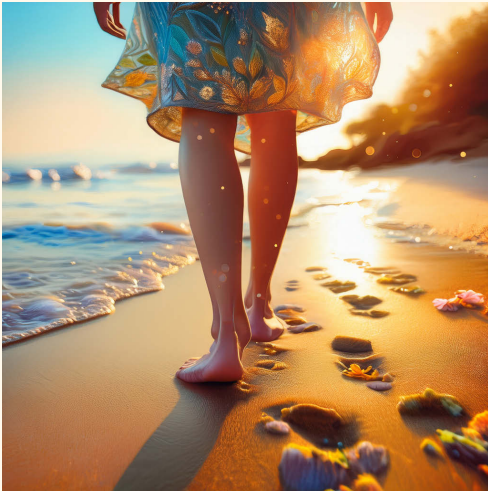


5 Grounding Practices for Navigating Summer Energy



Summer energy is expansive, bright, and full of movement—but it can also be overstimulating. These five are here to help you reset, reconnect, and stay present no matter how busy the season gets.

1. Touch the Earth

Walk barefoot in the grass or lie down under a tree. Let the ground support you. Five minutes is enough.

2. Smell Something Natural

Lavender, pine, citrus—whatever you have on hand. Scent connects you to the present moment.

3. Close the Tabs

Choose one thing to let go of today—a plan, a chore, or an obligation. Let that be enough.

4. Use Water Intentionally

Take a cold rinse, dip in the ocean, or splash your face. Water helps clear and reset energy.

5. Pause Before You Say Yes

Before you say yes to one more summer plan, check in with your body. Does it feel peaceful or pressured?