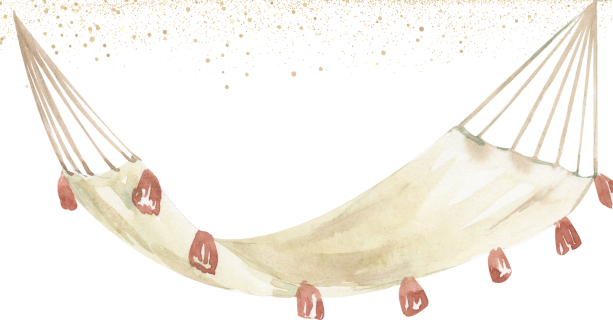


Summer Season Self-Care

Jennifer Reis



In Traditional Chinese Medicine (TCM), Summer is associated with the Fire Element, which can lead to an excess of heat and yang 'active' energy and intensity in the body, mind and emotions. Here are some helpful tips to help you stay balanced, healthy and calm during Summer Yang and Fire Element season:

1. **Stay Hydrated:** Drink plenty of water, herbal teas, and cooling beverages like chrysanthemum tea to stay hydrated and reduce internal heat.
2. **Eat Cooling Foods:** Incorporate foods with cooling properties into your diet, such as watermelon, cucumber, mint, and leafy greens. Avoid spicy, fried, and greasy foods that can generate more heat.
3. **Practice Calming and Gentle Yoga:** Focus on the Chest, Neck, Arms, Shoulders and Shoulder Blades, Wrists, and Fingers to help activate and balance Fire Meridian energy channels. This will help to calm the mind and body, promoting relaxation and cooling down excess heat.
4. **Avoid Overexertion:** Limit intense physical activities, especially during the hottest parts of the day. Rest in a hammock when its hot instead!
5. **Embrace Relaxation Techniques:** Practice yoga nidra, meditation, deep breathing, and mindfulness to reduce stress and maintain emotional balance and reduce overexcitement and the tendency for overexertion.
6. **Seek Cool Environments:** Seek shade, use fans, or air conditioning, cover up with light clothing and avoid prolonged exposure to the sun and heat.

By incorporating these tips, you can effectively keep cool and calm, sleep better, and feel a greater sense of joyousness and ease maintaining balance with your Fire Element this summer!



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