

# SUMMER

SEASONAL SELF CARE GUIDE + WORKBOOK



A 14 page  
printable  
workbook  
you can use  
today!

VITALITAHEALTHANDFITNESS.COM



## A NOTE FROM THE AUTHOR

### *Welcome to Summer*

Brash, brazen and in your face. Like it or loathe it, Summer is here!

With the sun at its peak, we are reminded that the sun is the source of all life. Without the sun there is no warmth, without warmth, no life. We too have our own inner fire which fuels our hopes and dreams, and Summer is the time to bring them to life.

As you surge forward, be mindful of burnout! We must balance activity with periods of rest. This is particularly important if you're a perfectionist, a workaholic or tend to be a bit hot-headed.

The lifestyle choices and mindfulness practices included in this guide will help you:

- capitalise on increased energy, stamina and focus to get things done
- get the rest and nourishment you need to maintain momentum
- keep your cool, physically and mentally.

If you commit to the practices provided, Summer can be a rewarding time of year, ripe with productivity, creativity and meaningful connection.

*Georgina xx*

GEORGINA SIDDALL  
Co-Founder Vitalita Health & Fitness



# *Lifestyle tips* **Keep Your Cool this Summer with Yoga + Ayurveda**



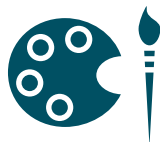
## **Take a siesta**

Summer is the time for activity but it's important not to overdo it! A short afternoon nap helps balance the heat and intensity of summer activity. Better still, take a whole day to do nothing.



## **Stay hydrated**

H2O is crucial but don't forget about fruit and vegetables with a high water content such as coconut, cucumber, lettuce, tomatoes, melon, pineapple, celery and zucchini.



## **Get creative**

A book, a business, a DIY or craft project... The exuberant, playful nature of this season makes it the perfect time to bring something beautiful to life!



## **Don't add fuel to the fire**

It's hot enough as it is so avoid excess heat, steam and humidity. Now is not the time for hot showers, heated spas or infrared saunas.



## **Get up with the sun**

Get up earlier and get outside to make the most of the day.

## *Let's start by setting an intention*

Living your life with intention is one of the most powerful things you can do but what on earth does that mean?

First of all, intentions aren't to be confused with goals.

Goals, which focus on specific, measurable outcomes, are important. They help us understand what we want to do or achieve, create a plan and stay on track to get it done. But, because goals tend to be the product of analysis and strategic planning, they can be dry and uninspiring.

**Intentions are powerful because they come from your heart not your head.**

A statement of your highest values, an intention acts as a reminder of who you want to be, how you want to show up, and what you want to contribute to the world. Setting an intention will help take your goals to the next level!

Rather than living on autopilot or blindly following the herd, living with intention, is about making decisions mindfully and in accordance with your core values and beliefs.

**Now it's your turn to check in.**

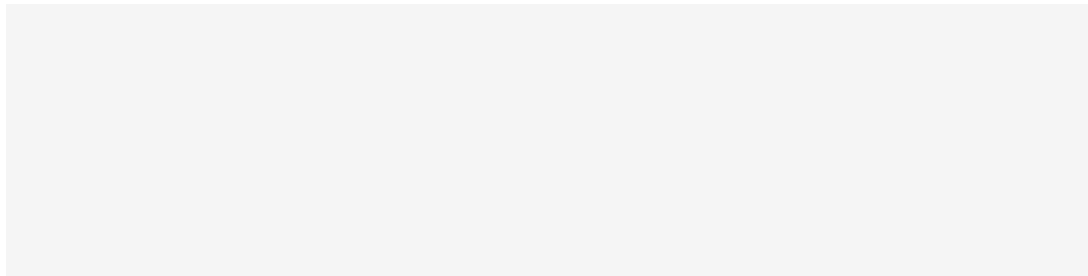




# WORKSHEET 1

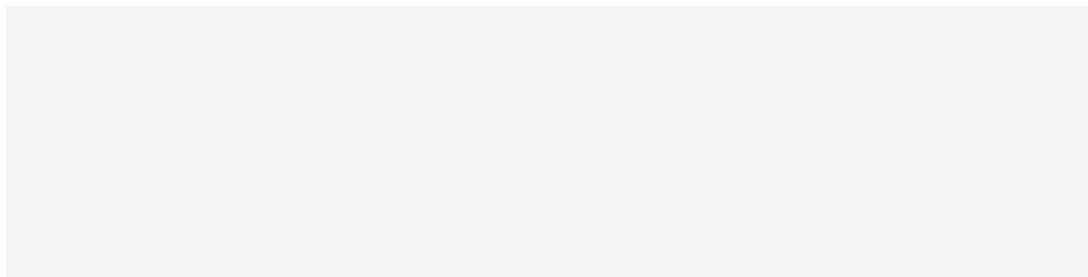
SET YOUR INTENTION

**QUESTION #1:** What feelings and images does Summer (and the associated holiday season) evoke? Is it a time of year you look forward to or one you dread? Do you feel energised or fatigued?



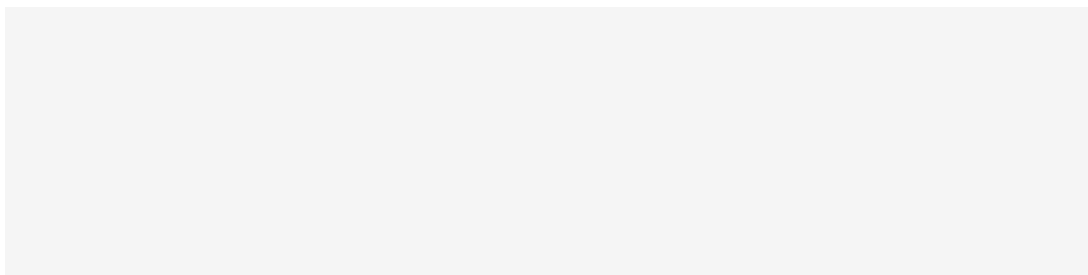
**QUESTION #2:** What is your ideal vision of your summer? What does it look like? How busy are you? What do you need to do to make that happen?

List these actions below.

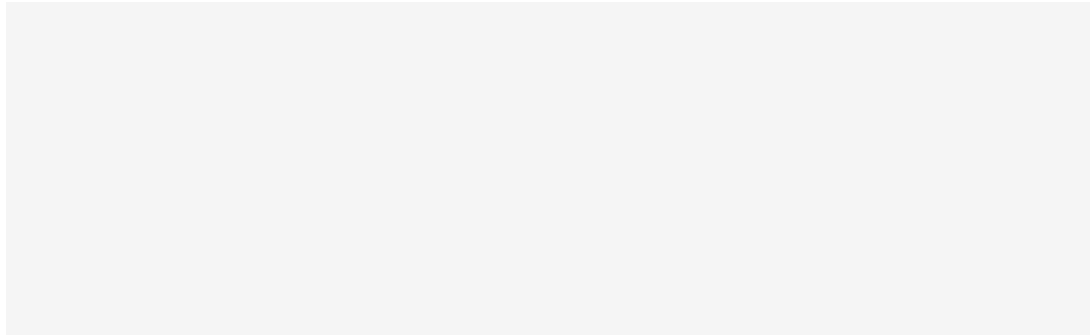


**QUESTION #3:** What do you love doing most? You know, the things that spark joy and make you feel happy to be alive! How can you incorporate these things into your daily, weekly or monthly plans?

If you can't think of anything, consider what you loved to do as a kid but don't really do anymore. What is stopping you from doing it now, and what would happen if you did?



**QUESTION #4:** What do you feel excited and inspired by right now? What get's you fired up?



Looking over the thoughts, ideas and feelings you jotted down, is there a word or phrase which stands out? Is there a feeling or quality you'd like to cultivate or embody as you move into this next phase?

Remember, an intention is formed in your heart not your head. You may find it helpful to close your eyes and sit for a moment, allowing the words to swirl around inside your being.

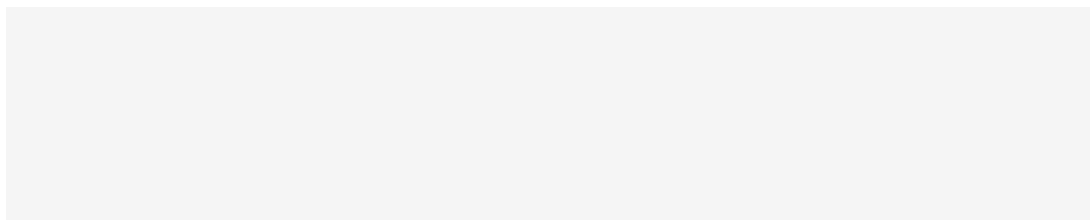
**Is there a feeling, quality or way of being which stands out?**

**What are you being called to explore, understand or let go of?**

Try not to think too hard. Simply notice what arises, without judgement or analysis. Don't worry if it doesn't make sense. When you get quiet and listen, you will discover exactly what you need.

Now, write your own intention below. Keep it simple and, for maximum impact, write it in the present tense. For example:

*In this season of Summer, I allow my curiosity and creativity to guide me to experiences, adventures, information and people who light me up.*





# AN AYURVEDIC PERSPECTIVE

According to Ayurveda, there are three primary doshas or energies. Each individual has a primary dosha, as does each season.



## **Summer is dominated by pitta dosha.**

Comprised of the elements of fire and water, some words you might use to describe pitta are hot, light, intense, penetrating, pungent, sharp and acidic.

When pitta is aggravated or out of balance, you may experience:

- skin irritations
- joint inflammation
- digestive issues such as indigestion, heartburn and diarrhea
- nausea or hunger hanger if you skip a meal
- headaches
- dehydration, heatstroke or an uncomfortable feeling of heat in the body
- excessive sweating and body odour
- feelings of frustration, anger, irritability
- emotional outbursts
- judgment, impatience, criticism, intolerance.

# GO FOR IT!

Fuelled by your inner fire, your energy levels, stamina, focus, productivity and confidence are at their peak in the summertime. With this in mind, plan outward-facing activities and high energy tasks such as speaking opportunities and networking events.

## **It's the ideal time to bring your big ideas and wild dreams to life!**

Deep reserves of energy also make it easier to commit to regular exercise but avoid adding fuel to the fire by following these tips:

- Exercise early in the morning or after the sun has gone down. If you have to exercise outdoors during the heat of the day, wear colours that reflect the light and wick sweat away from your body.
- Cool down with water sports like swimming, aqua aerobics and surfing. Even walking on the beach or beside the river will do the trick!
- Avoid excess heat, steam and humidity. This is not the time for saunas, heated spas or hot yoga!
- Avoid excessive or competitive exercise
- Stay hydrated.

## *Stay hydrated*

A key component of all bodily fluids, H<sub>2</sub>O is not a luxury, it's a necessity. You can go weeks, months even, without food. But, deprived of water, you might only last three or four days, especially when the mercury soars.

Water:

- helps transports nutrients and oxygen to every cell
- lubricates your joints and cushions your organs
- is a key component of healthy tissue
- carries waste products out of the body through urine and sweat
- aids digestion.

Without water, the human body slows down and, eventually, grinds to a halt so grab yourself a reusable, insulated bottle and carry it with you wherever you go.



## Nature's sports drink

Coconut water contains many of the same nutrients as commercial sports drinks – calcium, magnesium, phosphorus, sodium, potassium – but in their natural form, making it better for you (and cheaper) than a bottle of Powerade.

½ cup fresh orange juice  
¼ cup fresh lemon juice  
2 cups coconut water  
2 tbsp raw honey or maple syrup  
⅛ tsp Himalayan pink salt or sea salt

Put all ingredients in a food processor and blend well.



### Nourish with cooling food and drinks

Hot, spicy, salty and fried foods tend to create more heat in the body and, at this time of year, are best avoided. Seek out foods which are naturally cooling:

- raw fruit and vegetables, particularly those with a high water content such as cucumbers, lettuce, celery, mushrooms and melon.
- salads
- herbs and spices like coriander, cilantro, fennel and cardamom, mint and chamomile.
- foods that are naturally sweet, bitter and astringent.

### When and how you eat are just as important.

Eating sporadically, on the go or in a rush inevitably leads to digestive troubles so don't skip meals or wait until you are starving to eat. Aim for three regular meals and eat slowly and mindfully.

## STOP + SMELL THE ROSES

Projects, plans, activities and adventures. The inclination is to pack in as much as possible but for most people, that level of energy is difficult to sustain.

In order to keep our cool - physically and mentally - we must strike a balance between intense, often outward-facing activity and idle periods of R&R. The key is to plan ahead so you don't end up run down by the end of Summer.

How can you consciously create space and time so that you can be calm and emotionally connected to the important people in your life this year?

**First, create a list of activities which replenish your body and mind.**

Quiet, contemplative activities such as:

- spending time with calm, friendly and encouraging people
- meditation and breathing exercises
- gentle yoga.

These activities needn't take long; even a short timeout makes a huge difference, gifting you increased clarity, energy and productivity to do all the things you need and want to do.





**Now, create a list of activities that bring you pleasure and joy.**

Choose one activity from each list that you can do this week and put it in your diary. Make it non-negotiable.

The next challenge is to set aside a whole day each month to do nothing. Put it in your diary like you would any other appointment. Protect this time at all costs!

How will you choose to spend your day?

*Laziness + rest are not the same.  
Give your mind + body the break they need.*

Faith Broussard Cade

Make a commitment to tend to your needs so that you move through this season with ease, comfort and joy. And don't be afraid to put boundaries in place to manage your energy; that may mean saying no to certain invitations or obligations, or asking for help.



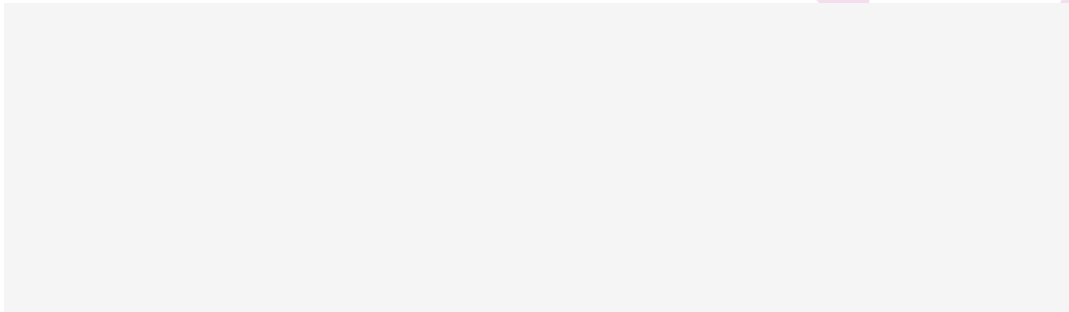


# WORKSHEET 2

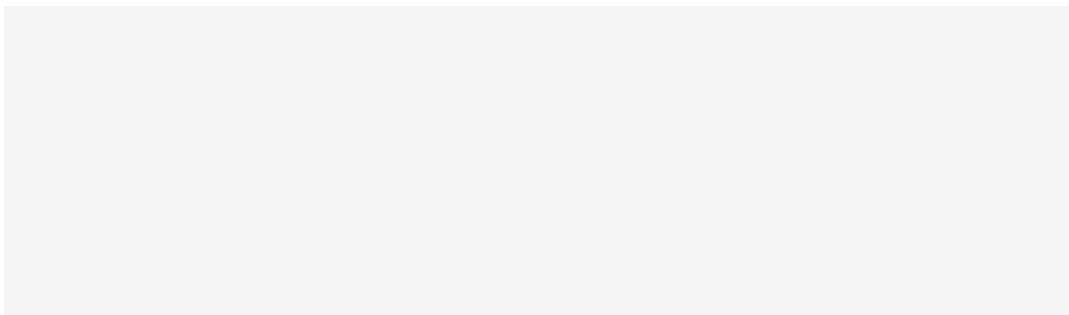
SEASON IN REVIEW

**As Summer draws to a close, think back over the last three months.**

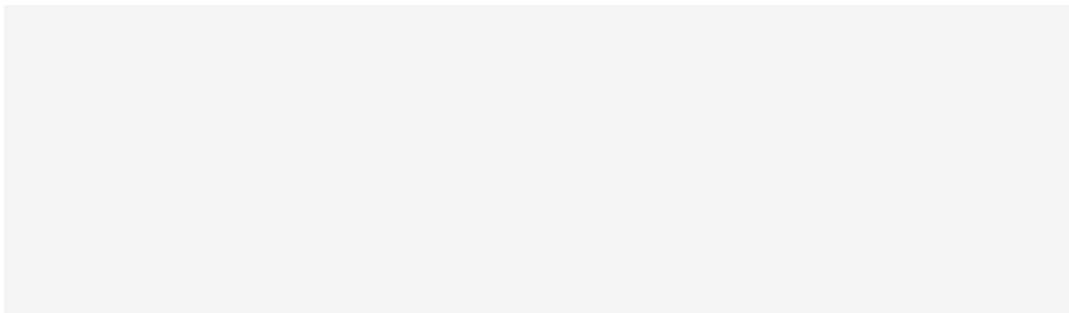
**QUESTION #1:** What did you bring to life this Summer? Take a moment to list and celebrate your achievements.



**QUESTION #2:** What did you do to create joy and pleasure in your life? What are your favourite moments and memories? You can return to these during the dark days of Winter.

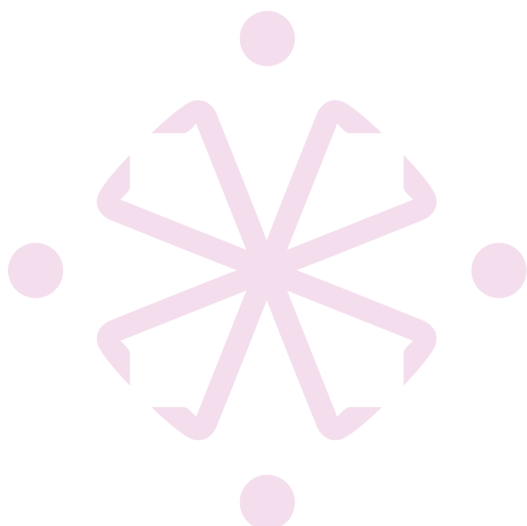


**QUESTION #3:** What did you do to relax and replenish your energy levels? What self care practices did you find most useful?



**QUESTION #4:** What have you learnt about your needs, desires and preferences during this season?

**QUESTION #5:** What will you do differently when Summer next year?







## MEET THE AUTHOR

### GEORGINA SIDDALL

Having experienced physical burnout, anxiety and depression, Georgina understands that exhaustion is not a badge of honour.

She knows that life can be different and is committed to helping busy women create lives brimming with vitality.

Drawing on her experience as a Women's Life and Wellness Coach, and teacher of mindful movement and meditation, Georgina created these seasonal guides to help you slow down and rediscover physical, mental and emotional ease.

### HAVE QUESTIONS?

Email [georgina@vitalitahealthandfitness.com](mailto:georgina@vitalitahealthandfitness.com)

*There is such dignity in what  
you are going through.  
Life has called you to the  
deepest kind of trust in your  
own experience.*

JEFF FOSTER



[IG.COM/VITALITAHEALTH](https://www.instagram.com/vitalitahealth)



[FB.COM/VITALITAHEALTHANDFITNESS](https://www.facebook.com/vitalitahealthandfitness)