



## Summer Take Care Tips *from Jennifer Cares* jenniferCares.com

**Here are some things you can do to care for yourself, and make life easier this summer!**

- Make time for yourself by taking advantage of low-cost grass cutting services.
- Use low-maintenance (drought-resistant) plants, and/or try easier-to-manage container gardening.
- Make double batches of meals, and freeze half so you don't have to cook on hot days.
- When heat keeps you indoors, pop-in a fitness DVD to get some stress-relieving, activity.
- Get a portable baby monitor or two-way radios to allow you to spend some time outside while your loved one is resting or involved in indoor activities.
- Have a picnic in your backyard, play beach music!
- Take advantage of free summer festivals, farmer's markets, tours to get some much needed relaxation.
- Buy soaps, lotions, and shampoos in fun, summer scents.
- Keep a vase of summer flowers, or plant grass seed in pots and keep inside to enjoy.
- Freeze washcloths to place on your neck and head to cool you down after being outside.
- Use peppermint essential oil for an energy boost, and to help with heat-related head and belly aches.
- Don't deny yourself a vacation—even if it's just a few hours—anything to give you a mental break.



**Jennifer Antkowiak** is a mom of five, KDKA-TV News Anchor, caregiver advocate, author, speaker, and founder of **Jennifer Cares**, a company that brings you information you can use to keep yourself and those you love happy and healthy. Personal caregiving experiences have fueled Jennifer's passionate mission to help you care for yourself while you care for others.

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**CONTACT CARMELLA:** [Carmella@jenniferCares.com](mailto:Carmella@jenniferCares.com)