Dear ISO families

Hope this message finds you well.

We are well advanced in our third quarter and spring break is right around the corner. What is also right upon us is the hot season. It is well-documented that weather affects people's mental and physical well-being. Lack of motivation and tiredness, irritability, anger and violent acts, are some common reactions to the heat.
Here are some ways to tackle it for both our physical and mental well-being using the acronym C.O.O.L.

C. Chill- Regulate Your emotions, practice mindfulness, deep breathing, and gentle exercises such as walking, stretching, etc...

O. H2O- Fasting or not, pay attention to your water and food intake. If you are fasting, prioritize meals rich in nutrients- nuts, fruits, whole grains, and protein.

O. Organized- Plan your day and favor activities that require more energy early in the morning and the evening.

L. Limited exposure- Limit your exposure in the heat of the day and protect yourself against the sun by wearing hats, sunglasses, sunscreen, comfortable clothes-cotton, linen, etc.

These simple tricks can make a world of a difference, especially for our little ones.

If you want more information on heat and mental health please refer to the articles below

- Summer Heat and Human Behavior by Allan Schwartz, LCSW, PH.D.
- Beat the Heat: Here’s How to Stay Cool in Hot Weather by Urban Cultivator
- 5 Tips for More Energy during Ramadan by Cleveland Clinic Abu Dhabi.

If you have any questions, please feel free to contact me.

Best regards,

Laurence Traore

