



SELF-CARE SUNDAYS

Here are five simple rituals to build into your Sundays this August to help you transition into fall feeling refreshed and grounded:

SUNRISE OR SUNSET MINDFULNESS

Start or end your Sunday with 10 quiet minutes outdoors. Sit with your thoughts, stretch, or do light breathwork while observing the changing sky. This practice helps reduce anxiety and create mental space for the week ahead.

TRY THIS: Use a timer and sit outside with no phone, and no agenda. Just breathe and notice what you hear, see and feel.

DECLUTTER ONE SMALL SPACE

Mental clarity often begins with a tidy space. Pick one area — a drawer, your car, your closet — and give it a reset. You'll be amazed how much lighter you feel heading into Monday.

CREATE A "SLOW MORNING" RITUAL

Skip the scrolling and schedule your Sunday morning like a retreat. Brew your favorite tea or coffee, light a candle, and enjoy breakfast without multitasking. It's a small reset with big emotional impact.

ADD-ONS: Try journaling, reading a chapter of a book, or making a nourishing breakfast bowl.

STRETCH AND REFLECT

Even just 15 minutes of gentle yoga or stretching helps release tension. Pair it with journaling a few reflection prompts, like:

- What's one thing I want to let go of before fall?
- What brought me joy this summer?
- How can I protect my peace this coming season?

DIY SUNDAY SPA HOUR

Give your skin and body some love after a sun-filled summer. Use a body scrub, take a cool bath with essential oils, and follow with a hydrating face mask.

BONUS: Turn on a calming playlist and go tech-free during your spa time.

Self-care doesn't have to be expensive or time-consuming. It's about carving out space to check in with yourself and honor what you need. Start with just one ritual this Sunday and build from there.

Fall will be here before you know it — so give yourself this time to pause, breathe and reset. You deserve it.

"Caring for your mental health," U.S. Department of Health and Human Services, National Institutes of Health, July 14, 2025.

MEDITATION

The Science Explored

August is National Wellness Month:

A reminder that wellbeing encompasses far more than just our physical health. It involves paying just as much attention to the mental, emotional and social dimensions of our daily lives.

There are a whole host of ways you can embrace self-care this National Wellness Month, but one of the most well-known options is meditation, and it's a popular technique for good reason.

What are some of the research-backed benefits of meditation?

1. It helps reduce stress and anxiety.

Perhaps the most common reason people give meditation a try, there's ample research to demonstrate the stress- and anxiety-reducing abilities of quietly focusing your mind and thoughts.

2. It can lead to an improved attention span. Focusing your attention through meditation is akin to a mental workout for your attention span; the more you engage this metaphorical muscle, the stronger it will be. One study found that brief, 13-minute periods of daily meditation had an observable effect on attention and memory within eight weeks.

3. It can improve your quality of sleep.

Engaging in regular meditation can help you fall asleep quicker and attain a better night's sleep overall. There are numerous studies which point to evidence that it is beneficial in the case of insomnia or other sleep disturbances.

4. It can help improve your memory, especially in the case of age-related memory loss. As with attention, studies suggest that regular meditation can aid in the enhancing of memory and overall mental clarity, specifically for those experiencing age-related cognitive decline.

5. It can be beneficial for controlling and reducing pain. There is research to suggest that intentionally incorporating meditation into your regular routine could help with ongoing pain management. One review found it could reduce pain symptoms, lead to an improved quality of life, and lower depression for those living with chronic pain.

6. It can lead to greater compassion and kindness. Specific types of meditation, like loving-kindness meditation, have been shown to lead to increased

positive feelings and actions both toward ourselves and others.

7. It's easy to get started, and accessible no matter where you are. You don't need to be an expert to begin incorporating meditation into your self-care routine. All you need is a few minutes each day. Consider checking out this [resource](#) which includes a few basic meditation techniques and helpful tips so you can embark on your meditation journey with the proper tools.

"Brief, daily meditation enhances attention, memory, mood, and emotional regulation in non-experienced meditators," Julia C. Basso et al., Behavioural Brain Research, August 25, 2018.

"Effectiveness of mindfulness meditation in intervention for anxiety: A meta-analysis," Zhihong Ren et al., Acta Psychologica Sinica, 2018.

"The effect of mindfulness meditation on sleep quality: a systematic review and meta-analysis of randomized controlled trials," Heather L. Rusch et al., Annals of the New York Academy of Sciences, December 21, 2018.

"How to Meditate," Mindful Staff, mindful.org, Accessed July 9, 2025.

"Meditation and Music Improve Memory and Cognitive Function in Adults with Subjective Cognitive Decline: A Pilot Randomized Controlled Trial," Kim E. Innes et al., Journal of Alzheimer's Disease, January 18, 2017.

"Mindfulness Meditation for Chronic Pain: Systematic Review and Meta-analysis," Lara Hilton et al., Annals of Behavioral Medicine, September 22, 2016.

"A Systematic Review and Meta-analysis of the Effects of Meditation on Empathy, Compassion, and Prosocial Behaviors," Christina M. Luberto et al., Mindfulness (N Y), June 2018.



Mediterranean Chickpea Salad

Prep time: 15 minutes • Cook time: 15 minutes • Serves: 3

- 1 (15.5-oz.) can chickpeas, drained, rinsed
- 1 medium cucumber, sliced into quarter-moons
- 1 red bell pepper, seeds and ribs removed, finely chopped
- 2 Roma tomatoes, seeds removed, diced
- ¼ cup red onion, thinly sliced
- ¼ cup crumbled feta cheese
- 2 Tbsp. extra-virgin olive oil
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. fresh parsley, finely chopped
- 1 tsp dried oregano leaves
- Salt and black pepper to taste

1. In a large bowl, toss together the chickpeas, cucumber, bell pepper, tomatoes, onion and feta cheese. Season the mixture with salt and black pepper.
2. In a jar with a lid, combine the olive oil, lemon juice, parsley and oregano. Seal the jar and shake until it's combined. Season with salt and black pepper.
3. Pour the dressing over the salad and toss to coat just before serving. Kali orexi! (Greek equivalence for bon appétit!)

Serving: 1/3 of recipe, Calories: 376, Carbohydrates: 52g, Protein: 11.6g, Fat: 14.5g, Saturated Fat: 3.1g, Sodium: 350.9mg, Fiber: 12g

Recipe adapted from [delish.com](#)