



Sun, Sea & Scams

With summer upon us, adhering to these self-care tips and remaining alert to holiday scams will help ensure your summer is healthy, enjoyable, and safe.

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Summer Self-Care Tips

Stay Hydrated: The summer heat can lead to dehydration, so make sure to drink plenty of water throughout the day. Aim for at least eight glasses to keep your body well-hydrated.



Sun Protection: Protect your skin from harmful UV rays by applying a broad-spectrum sunscreen with an SPF of 30 or higher. Don't forget to reapply every two hours, and wear sunglasses and a wide-brimmed hat for extra protection and stay cool on those extra hot days.

Balanced Diet: Enjoy the abundance of fresh fruits and vegetables available during the summer. They are not only hydrating but also packed with essential vitamins and minerals that boost your energy and overall health.

Stay Active: Take advantage of the pleasant weather by engaging in outdoor activities such as walking. Physical activity not only keeps you fit but also improves your mood and reduces stress.

Rest and Relaxation: Ensure you get adequate rest. Summer can be a busy time, but make sure to carve out moments for relaxation.

Make a plan: holidays might be different this year, with people worried about the cost of living problems. It's OK to make plans your own way – try not to feel pressured into expensive breaks or days out.

Mental Health Check: Summer can sometimes bring stress with its busy schedules and social commitments. Practice mindfulness, meditation, or yoga to keep your mental health in check. Don't hesitate to seek support if you're feeling overwhelmed.

More ideas here: [15 Activities for Your Summer Self-Care Checklist - Mental Health First Aid](#)

Safe Travels

Health precautions: If you're planning to travel, make sure to take necessary health precautions. Stay informed about the health guidelines of your destination, and don't forget to carry hand sanitizer and wear a mask when required.



Research Your Destinations: Before booking a trip, research your destination and accommodation thoroughly. Look for reviews from multiple sources to ensure legitimacy.

Use Trusted Booking Sites: Book your travel arrangements through reputable websites and platforms. Avoid deals that seem too good to be true as they often are.

Beware of Phishing Emails: Scammers often send fake emails that appear to be from legitimate travel companies. Always verify the sender's email address and avoid clicking on suspicious links.

Secure Payments: When making online payments, ensure the website is secure. Look for "https" in the URL and a padlock symbol. Avoid making transactions over public Wi-Fi.

Be Cautious with Rentals: If you're renting a property, be wary of landlords who ask for payment via wire transfer or ask for large sums upfront. Use reputable rental platforms that offer protection.

Travel Insurance: Consider purchasing travel insurance that covers trip cancellations, medical emergencies, and other unforeseen events. This can provide peace of mind and financial protection.

More information here: [Holiday booking scams to watch out for \(moneysavingexpert.com\)](https://moneysavingexpert.com)

We hope you have a wonderful summer filled with unforgettable memories. Please remember to stay safe!

