

A hand holding a cup of coffee next to a swimming pool.

Forget the
checklist this
summer

Summer is here, and with it come the **mental lists**: places to go, plans to make, people to see, books to read (especially this, as it seems we only read in summer), habits to pick back up, and things we should “finally” do now that we have more time.

And just like that, without even realising it, **rest starts to feel like yet another task**. We find it hard to simply stop. To do something without turning it into productivity. To have free time without feeling like we should fill it with things.

In this pill, we do not want to give you the “10 solutions for a perfect summer”.

We want to remind you that **resting can also mean making space...**

...to improvise;
to be bored for a while;
or to do absolutely nothing.

And yes, that counts too.

Emotional draft

Things that do not need to become a plan:

- Make a **list of small things you enjoy in summer** (and no, they do not have to be productive or interesting).
- Mark **which ones you do because you genuinely feel like doing them**, and which ones you do because you feel you “should make the most of the summer”.
- **Choose one** simple thing you would like to make more space for this month.

The brain needs moments of real leisure to recover. And rest works much better when we do not feel we constantly have to “make the most of it”.

Doing nothing from time to time also has value, even if you cannot tick it off a list.



Continue your development...

Here is a blog post on how to switch off in summer and learn to enjoy yourself without being productive.

[**Read here**](#)

Missed one of our previous pills? You can find them all [**here**](#).