

EXTREME HEAT & MENTAL HEALTH



Tips for Managing Well-Being

Extreme heat doesn't just affect the body—it impacts mental health too. **High temperatures can increase stress, anxiety, and symptoms of existing mental health conditions.** Know the signs and how to stay safe.

Tips to Stay Cool and Emotionally Balanced



Adjust your schedule to avoid peak heat; prioritize and schedule important tasks in the cooler morning or evening hour.



Avoid overexertion and prioritize rest.



Stay connected. Reach out to friends, family, or support services.

Hydration Supports Mood



Drink water regularly. Dehydration can worsen mood and cognition.



Limit sugary and caffeinated drinks, if possible.



Eat hydrating foods, like fruits and vegetables.

Recognize the Signs of Heat-Affected Mental Health



Irritability



Feelings of overwhelm



Trouble concentrating



Mood swings



Fatigue or insomnia

Physical symptoms like headache, dizziness, or nausea

Keep a Cool, Calm Environment



Use fans or air conditioning, when possible.



Visit City cooling centers to relax and recharge.



Keep lights dim and noise levels low indoors.



Wear lightweight, loose-fitting clothing.



Take cool showers or use cold packs to help cool down.

Manage Medication Risks



Some mental health medications can affect your body's ability to cool down.



Some medications may not work as well or have more side effects during hot weather.



Talk to your health care provider before making changes.

Have a Plan



Have a mental health check-in plan for extreme heat days.



Talk to your mental health provider ahead of time and ask about how heat might affect your treatment plan.



Keep a list of emergency contacts and local support services.



Make a short list of your favorite self-care activities to help you manage stress or anxiety when it increases.