Summer time can be about catching up on the things you let slide during the semester, but it can also be about taking a deep breath, participating in self-care, and refreshing before the next school year. Make your summer a productive and rejuvenating one by finding some balance. Here are a few Logan-specific ideas for self-care this summer:

1. **Check out a new exercise possibility.** It’s fun to walk along the Logan River or take a hike to the famous Wind Caves.

2. **Pack a picnic.** Gather together your favorite snacks from home, or stop in for takeout at your favorite local restaurant. Either way, stop at First Dam for a picnic in the park, and enjoy the still water and warm weather.

3. **Test out a new hobby.** Have you heard about the many rock-climbing opportunities in Cache Valley? Always wanted to try kayaking and never had an opportunity? Feel like back packing or camping? You can rent equipment year-round through the USU Campus Recreation Department.

4. **Enjoy a tasty treat.** Cache Valley is a unique place to live for many reasons, but one of the best is the locally sourced food. You can visit one of the nation’s leading manufacturers of ice cream and frozen treats at Casper’s Ice Cream Factory in Richmond. Learn more about the dairy process and pick up fresh products at Gossner Foods in Logan.

5. **Visit a nearby geographic attraction.** One of the benefits of living in Utah is the central location. Logan is four hours from all of the sites and attractions of Yellowstone National Park. Shoshone Falls Park is a beautiful waterfall park less than three hours from Cache Valley. The falls are even taller than those at Niagara Falls. You can visit the Golden Spike National Historical Park or check out the Craters of the Moon National Monument.

6. **Celebrate the settlement of the pioneers during Pioneer Day.** There are lots of different ways to celebrate, including reenactments, parades and fireworks. Locally, the American West Heritage Center hosts an event with demonstrations of pioneer lifestyle and a day in the life on the farm.

7. **Participate in community care and build a connection with people who live here.** Consider joining a local club or group to connect with individuals outside of your focus. Find some peace by volunteering at a non-profit. Attend the weekly gardeners’ market and support a local business. Consider attending the annual Cache Valley Fair and Rodeo.

8. **Spend a day at the lake.** The drive through Logan Canyon is a beautiful one, and ends with the fun and activities of Bear Lake. Enjoy a famous raspberry milkshake, attend the Raspberry Days festival, relax on a sandy beach, or rent a recreation vehicle and have an action packed afternoon.

Summer activities can nurture your spirit in so many ways—make sure you enjoy yourself!