

## 50 Ways to Beat the HOT Summer Heat

---

It's getting hotter and hotter and hotter! And it's really hard to focus on telling great stories to your donors and community when it's this hot. So here are a few dozen ways to beat the heat – so you get back to changing the world, one story at a time.

1. **Drink Plenty of Water:** Stay hydrated to help your body regulate its temperature.
2. **Eat Cold Foods:** Cold meals or snacks can help keep your internal temperature down.
3. **Wear Light Clothing:** Light, breathable fabrics can help keep you cool.
4. **Use a Fan:** Circulate air to cool your environment.
5. **Apply Cold Compresses:** Put them on your wrists, neck, or forehead for quick cooling.
6. **Stay in the Shade:** If you're outside, find a shaded area to protect yourself from direct sunlight.
7. **Avoid Peak Sun Hours:** Stay inside between 10 a.m. and 4 p.m., when the sun is at its hottest.
8. **Take Cool Showers:** This can help lower your body temperature.
9. **Use Air Conditioning:** If available, this is one of the most effective ways to beat the heat.
10. **Use Peppermint Oil:** The natural cooling effect of peppermint oil can be refreshing.
11. **Eat Spicy Foods:** It might sound counterintuitive, but spicy foods can make you sweat, which cools you down.
12. **Cover Windows:** Use shades or curtains to block out the sun and keep rooms cool.
13. **Avoid Strenuous Activities:** Keep exercise and other intense activities to cooler parts of the day.
14. **Use Cooling Pillows:** There are pillows designed with cooling technology to keep your head cool while sleeping.
15. **Go Swimming:** A dip in the pool is a classic way to cool down.
16. **Wear a Wet Bandana:** A wet bandana around your neck can help keep you cool.
17. **Freeze a Bottle of Water:** Drink it or use it as a cold compress.
18. **Spray Yourself with Water:** Use a spray bottle for instant cooling.

19. **Eat Water-Rich Fruits:** Foods like watermelon, strawberries, and cucumbers can help you stay hydrated.
20. **Run Your Wrists Under Cold Water:** Your wrists are pulse points, so cooling them can cool your whole body.
21. **Plant Trees for Shade:** If you have the ability, plant trees around your home to provide natural shade.
22. **Install Reflective Window Film:** This can help to reflect the sun's rays back out.
23. **Install Insulation:** Proper insulation can help keep your home cool.
24. **Go to a Public Air-conditioned Space:** Libraries, malls, and movie theaters are often air-conditioned.
25. **Wear a Hat:** Protect your head from direct sunlight.
26. **Use Ice Packs:** Keep them in the freezer for a quick way to cool down.
27. **Put Sheets in the Freezer:** For a short-term solution, put your bed sheets in the freezer before bed.
28. **Drink Iced Beverages:** Sip on iced coffee, iced tea, or just plain iced water.
29. **Avoid Alcohol:** It can dehydrate you, making it harder for your body to regulate its temperature.
30. **Wear Light Colors:** They reflect sunlight, while dark colors absorb it.
31. **Put Up a Sunshade or Awning:** Use one over your patio or deck to keep it cooler.
32. **Use a Dehumidifier:** High humidity can make the heat feel even worse.
33. **Avoid Using the Oven:** It can heat up your home. Try grilling or using a slow cooker instead.
34. **Unplug Electronics:** They can generate heat, even when not in use.
35. **Close Unused Rooms:** Keep doors closed to unused rooms to prevent cool air from going into these areas.
36. **Start a Water Balloon Fight:** It's fun and you'll cool down quickly!
37. **Put Up a Hammock:** Air can circulate all around you, unlike on a bed or sofa.
38. **Use Cooling Beauty Products:** Some facial sprays and lotions have a cooling effect.
39. **Install a Ceiling Fan:** It can help circulate air and cool down a room.
40. **Use a Car Sunshade:** They can keep your car significantly cooler.
41. **Keep Your Feet Cool:** Dip them in a bucket of cold water for fast relief from the heat.
42. **Plant Vines:** Like trees, vines can also shade your home and keep it cooler.

43. **Use a Portable Air Conditioner:** If you can't install a full air conditioning system, a portable one can help cool a room.
44. **Drink Coconut Water:** It's refreshing and contains electrolytes to keep you hydrated.
45. **Install Outdoor Misting System:** For time spent outside, a misting system can keep you cool.
46. **Spend Time by the Water:** If you live near a body of water, spend some time there. It's often cooler by the water.
47. **Create a DIY Air Conditioner:** There are several online tutorials on how to make a DIY air conditioner using a fan and frozen water bottles.
48. **Do Not Forget Your Pets:** Pets need help staying cool, too. Make sure they have plenty of water and a cool place to rest.
49. **Rest Frequently:** If you must be active in the heat, take frequent breaks to rest and hydrate.
50. **Listen to Your Body:** If you start feeling faint or ill, get to a cool place and hydrate immediately.