

Summer Reset Guide

Cooling the Fire, Calming the Heart, and Daily Practices for Steady Energy

A guide to cooling excess heat and protecting steady energy.

Presented by Sustaining Life Wellness Center (SLWC.Life).

Winston-Salem, North Carolina.

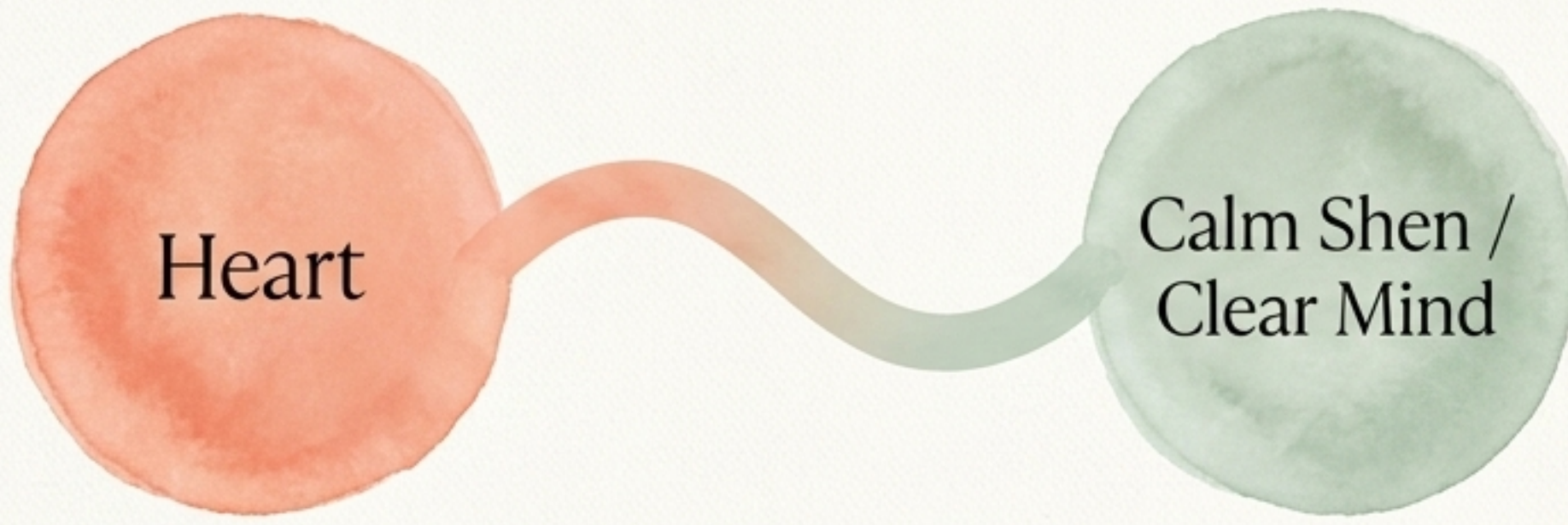


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Embracing the Fire Element of Summer



- **Peak Yang:** Energy rises fully to the surface; life is outward, warm, and expressive.
- **The Fire Element:** In Traditional Chinese Medicine, summer links directly to Fire.
- **Balanced Fire:** Warmth without burning, energy without depletion, and a clear mind.
- **Steady the Flame:** The goal is not to suppress energy, but to let Fire give light without scattering.
- **Avoid Extremes:** The medicine of the season is cooling and settling, not forcing.



Heart

The diagram consists of two circular nodes connected by a wavy line. The left node is orange and contains the word 'Heart'. The right node is green and contains the text 'Calm Shen / Clear Mind'. The wavy line transitions from orange to green, matching the colors of the nodes.

Calm Shen /
Clear Mind

The Heart System & The Flow of Shen

Fire corresponds with the Heart and Small Intestine systems.

The Heart houses the Shen—our mind and spirit.

When cool and calm: Clear mind, deep sleep, steady emotions.

When heat rises: Unsettled Shen, racing mind, frayed sleep.

A summer reset cools the Heart so the Shen can rest.

Why Summer Heats the Body

- **Peak Activity:** Long days, high stimulation, constant motion.
- **Trapped Heat:** Without grounding, heat stays high—causing a racing mind, restless sleep, and a quietless chest.



- **Rising Energy:** Like the midday sun, energy moves upward and outward, gathering in the upper body.

Summer is about cooling and settling the system — not pushing yourself harder in the heat.

Recognizing Signs of Summer Heat

Fire risen too high, or Yin reserves running low.
The work is to cool, hydrate, and settle.

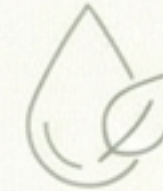


When Fire runs hot

Racing mind and trouble falling asleep

Anxiety, agitation, or quick overwhelm

Heart flutters, facial flushing, skin
breakouts



When reserves run low

Fatigue that rest does not fix

Afternoon energy crashes

Dehydration, dry mouth, or night sweats

Feeling depleted and "wrung out"

The Four Pillars of Summer Support



Cool the system.

Favor cooling foods, steady hydration, and shade during peak heat.



Calm the Shen.

Settle the mind with slow breath, stillness, and protected sleep.



Move gently.

Circulate energy in the cooler hours—without overheating.



Connect with joy.

Let Fire's true gift—warmth and connection—nourish rather than scatter you.

Your 10-Minute Daily Summer Reset

A simple routine for early mornings or cooler evenings.



2 Minutes: Cooling breath — long, slow exhales to settle nerves.

3 Minutes: Gentle movement — open the chest to release trapped heat.

3 Minutes: Settle and ground — a slow walk to draw energy downward.

2 Minutes: Quiet close — hands on the Heart, breathing slowly.

Step 1: Cooling Breath

Signal your nervous system to cool and settle. (2 Minutes)

Inhale: Breathe slowly and deeply through the nose; soften the belly.
Exhale: Let the breath out longer than the inhale to calm the system.
For extra cooling: Exhale through gently pursed lips, as if cooling tea.
Release: Drop shoulders and soften the jaw on every breath to signal safety.

Steps 2 & 3: Moving and Settling Energy

Circulate and cool with gentle flow, avoiding aggressive exercise. (6 Minutes)



Chest & Side-Body Opening

Use slow side bends, gentle backbends, and easy twists.

Release heat held in the upper body.
Perform relaxed, smooth neck circles without strain.



Walking or Marching

Walk in the cool of morning or evening.
Alternatively, march gently in place.
Draws rising Fire back down toward the feet.



Eating for Summer Vitality

Not a restriction diet—choosing foods to hydrate and cool through the heat.

Foods to Enjoy (+)

- + Cooling, hydrating bases: watermelon, cucumber, celery, leafy greens.
- + Lightly cooked vegetables and mung beans.
- + Heart-supporting bitter flavors: dandelion greens and small amounts of green tea.
- + Gentle hydration via herbal teas and broths.

Foods to Lighten (||)

- || Internal heat creators: very spicy, fried, and greasy meals.
- || Overstimulating substances: excess alcohol and caffeine.
- || Late-night eating that burdens digestion.
- || Ice-cold drinks, which shock the digestive system (favor cool/room temperature).

Navigating the Emotional Energy of Summer

The Season of Joy: Summer correlates with warmth, connection, and being seen.

In Balance: Brings ease, laughter, and genuine connection with others.

Out of Balance: Fire scatters into restlessness, anxiety, and a racing mind.

The Pivot: When feeling wired, pause. Take a long, slow exhale to settle rather than chasing stimulation.

The Anchor: Protect your stillness and sleep—this keeps summer joy steady instead of depleting.

Gentle Acupressure for Daily Care

Apply firm, comfortable pressure for 30–60 seconds with slow breaths.



HT 7 (Spirit Gate)

Location: Inner wrist crease, little-finger side, in the small hollow.

Benefit: Calms the mind, eases anxiety, supports sleep.



PC 8 (Palace of Toil)

Location: Center of the palm.

Benefit: The strongest point to clear Heart heat; deeply cooling.



Yintang (Hall of Impression)

Location: Midpoint between inner eyebrows.

Benefit: Instantly settles an overstimulated mind.

Caution: If pregnant, consult a practitioner before use.

The Five Centers: Evening Cooling Ritual

Draw heat away from a restless chest and warm palms down to the feet.



1. **Warm the palms:** Rub hands briskly together until the centers (PC 8) feel warm.
2. **Massage the soles:** Use a warm palm to massage the hollow of the foot (KI 1) for one minute per foot.
3. **Rest and breathe:** Sit with slow breaths, feeling the heat settle downward.

Practiced nightly, this draws Fire down to meet Water—exactly as the season asks.

Summer Reflection

Where in my life is my energy running hot or scattered right now?

What is asking to be cooled, softened, or set down this season?

What brings me genuine joy and real connection?

What would steady, sustainable energy feel like today?

Remember: Fire is meant to warm you, not consume you.

Restore Your Balance

If a racing mind, poor sleep, or fatigue continues, integrative support can help you find the root cause.

Reach out to Sustaining Life Wellness Center to cool the system, calm the Heart, and restore steady energy.

Call/Text: 336-203-2082
Email: care@mail.slwc.life
Web: slwc.life

Some signs are not self-care matters. Chest pain, fainting, or severe palpitations call for prompt medical evaluation.

Educational Notice: This guide is for educational and wellness support purposes only. It is not intended to diagnose or treat disease. Consult a licensed healthcare professional for persistent symptoms.