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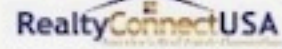
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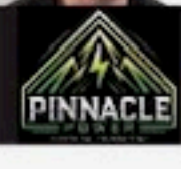
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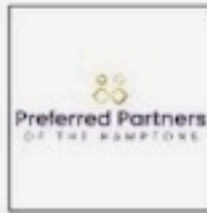
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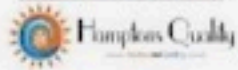
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10 Ways to Stay Chill This Summer

(And Actually Feel Good Doing It)

“Chill” is kind of the goal of summer out east.

It is how everything is supposed to feel. Easy. Effortless. A little undone in the best way. But the reality is usually something else. Late nights turn into early mornings. Drinks turn into dinners. One plan rolls into the next and suddenly your entire weekend is booked before it even starts.

From the outside, it all looks relaxed. But in the body, it is still stimulation. And more social plans, more parties, more travel, and less sleep all land the same way internally, even when it is fun.

So staying “chill” this time of year has less to do with how it looks and more to do with how well your body is able to regulate through it.

Here are ten ways to actually feel that way.

1. Start your day before your phone

Even a few minutes outside before the texts and plans start coming in helps your system settle before it gets pulled in every direction.

- 2. **Do not stack everything back to back**
Workout, coffee, beach, dinner, drinks. Individually, all part of summer. Stacked together, it is a lot without a break to reset. The nervous system needs contrast, not just constant input.
- 3. **Hydrate like it actually matters**
Water helps, but electrolytes and minerals are what make the difference, especially with more sun and social plans in the mix. Hydration is not just about fluids, it is about how well your cells are actually able to use them.
- 4. **Build in quiet before you need it**
A walk alone, sitting in the shade, or even leaving something a little early can shift your entire day. Regulation works best when it is proactive, not reactive.
- 5. **Watch the second wind**
That late night energy spike often is not real energy. It is your system pushing

- through. As your body gets overtired, cortisol can rise to keep you going, which can make you feel alert when you should be winding down. It works in the moment, but it is often why the next day feels harder than it should.
- 6. **Move more than you think you need to**
Long drives, beach days, flights. Even small amounts of movement keep things from feeling heavy and stagnant. Circulation and lymphatic flow rely on it more than most people realize.
- 7. **Keep some rhythm with meals**
Summer gets scattered, but your body still responds to consistency, even if it is not perfect. Blood sugar stability plays a bigger role in energy and mood than people think.
- 8. **Do not confuse checking out with unwinding**
Scrolling, drinking, and staying out late can feel like relaxing, but do not always leave you restored. True recovery usually feels quieter than we expect.



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9. Create a wind down, even after going out

Lower lights, less input, cooler air. Give your body a signal that it is safe to shift out of on. Your system needs cues to transition, not just exhaustion. Taking it a step further, softer or red lighting in the evening can help support your body's natural wind down without adding another routine.

10. Leave a little space

Not every invite needs a yes. In a place where everything is happening, space is what keeps you actually enjoying it. A full schedule only works if your system can keep up with it.

There is nothing wrong with a full summer. That is part of the draw.

But the people who actually feel good through it are not doing less. They are just balancing it better.

Looking to "hack" a bit of that regulation?

At Organic Edge, we are here to help your body get back into balance so you can feel your best faster, by slowing things down.

Southampton Robotics Team Earns First Place At First Robotics Competition

BY JESSICA NOVINS

PHOTOS PROVIDED BY THE SOUTHAMPTON UNION FREE SCHOOL DISTRICT



The Southampton High School robotics team, the Mariners (Team 9646), earned first place at the FIRST Long Island Regional competition at Hofstra University.

The Southampton High School robotics team, the Mariners (Team 9646), has made school history by securing first place at the FIRST Long Island Regional competition at Hofstra University. With this remarkable achievement, the team is now eligible to compete at the FIRST Robotics World Championships in Texas this April.

"Winning this banner is a huge accomplishment for such a young team," said Assistant Principal Dr. Melissa Mitchell, who pioneered the Southampton robotics team. The 30-member team earned the top spot by designing, engineering and operating a robot capable of performing multiple complex tasks, including shooting balls into a target, retrieving them from the ground and climbing to hang from a bar.

"They are a very advanced and diverse team," said Mitchell.

Led by team president and lead engineer Sarah Barros, the students dedicated countless hours to building, testing and refining their robot. They worked under the guidance of adviser Eric Pflug, who has a background in engineering.

"He coached them, but they did all the work themselves," said Mitchell.

Mitchell also credited the team's win to their skilled drive team. Junior driver Colin Heaney and operator Anthony Bonilla expertly maneuvered the robot throughout the competition, maintaining a strong defensive strategy while avoiding penalty points.

The team's performance was further strengthened through an alliance with robotics teams from Kings Park and Southold high schools. Together, the alliance strategically combined their robots' capabilities to outperform the competition.

According to Mitchell, the victory not only establishes Southampton as a leader in high school robotics but also continues to elevate the program's impact on students' futures. Notably, two of the team's founding members have earned full scholarships to the Massachusetts Institute of Technology to study engineering.

"The program provides students with real engineering training that they can't get anywhere else at the high school level," said Mitchell.

The Southampton School District congratulates the team and wishes them continued success.



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