



WHY WEIGHT NEWSLETTER

MAY EDITION 2026

Stress Buster

Dr. Salter's Why Weight Stress Buster: Easing Financial Pressure as Summer Approaches

May is Mental Health Awareness Month, and for many of us, it also kicks off a season of heightened financial stress. As the school year ends, warmer weather arrives, and summer plans start forming, expenses can quickly add up—higher grocery bills from more meals at home, gas for outings, potential childcare shifts, travel temptations, and the general push to “make the most” of the season.

Whether you're managing a household with kids or navigating summer on your own, these money worries can quietly build anxiety and tension. The good news is that small, intentional steps around your finances can bring noticeable relief and help protect your peace of mind.

This month, try creating a simple summer spending plan: list out expected extras like activities, eating out, or trips, then set realistic limits in advance. Look for low-cost or free local options—library events, community programs, or backyard gatherings—instead of defaulting to pricier entertainment. Pack lunches or snacks for day trips, shop seasonal produce, and consider using cash for discretionary spending to keep impulse buys in check.

By facing summer costs proactively rather than reactively, you can reduce that underlying financial tension and enjoy the season with less worry.