

# SUMMER SEASON *field guide*

# SUMMER

## INTRO

## MODULES

1. Energies
2. Movement
3. Self-Care
4. Water
5. Environment

## CHECK-IN



S U M M E R

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# Introduction



# Hello!

Hi, and thank you for being here. I'm an architect by training, but I found myself wanting to design more than spaces - I wanted to design a way of living that helped me tune into the seasons and the energy around me. I knew there had to be another way. So I "architected" the year - month by month - and explored where to focus, when to rest, and how to live more intentionally. This field guide is part of that system. It's not a checklist - it's a choose-your-own-adventure of gentle prompts to spark curiosity and help you find your rhythm. Take what you need, leave the rest, and come back when you're ready.

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# How to Use this Guide

This guide isn't about adding more to your plate. It's about checking in - with your body, your energy, and your rhythms. These pages are prompts, not prescriptions. Use what resonates. Leave the rest.

Explore what interests you. Try something new. Let yourself be surprised by what you enjoy.

You are not here to "master the season" - you're here to move through it aware and aligned.

## Integration

*These pages are not a to-do list. They are meant to be a reflective tool.*

You're not here to cram more into an already full life. This guide is here to help you pause, observe, and - if needed - shift your energies and maybe even your schedule.

If something sparks curiosity, great. Try it. If nothing resonates, that's perfect too.

There are no gold stars for doing everything. In fact, doing less - with more intention - is the whole point.

As you move through the guide ask yourself:

- What's already working for me?
- What feels out of sync?
- What one thing could I adjust or release this season?

That's enough. Let the season do its work. You don't have to do it all.

# Natural Patterns

## Seasonal Integration

Each season has its own rhythm, just look at the natural world around us. Seasonal energy is working with what's already happening around you. This guide simply serves to remind us to tune back in with the cycles already around us.

When we align with those cycles - physically, emotionally, and energetically - we don't fight the current. We flow with it.

## Moon Energy

Most of us live in constant output - harder, faster, more. Always more. But the moon offers us something different: a universal cue to move in rhythm, not in overdrive.

Its cycle rises and falls. It builds. It peaks. It fades. It rests. Just by looking up, we're reminded that our energy isn't meant to stay high all the time - and that we don't have to either.

Over the course of this month, I invite you to be curious. Explore. Adjust. Reflect on what worked and what didn't. Then start fresh - just like the moon does.

By following this rhythm, we create something more sustainable. A way of living that ebbs and flows - just like the natural world around us.

# Welcome to Summer

Summer is loud, vibrant, and temporary. It asks us to be bold, explore the edges of joy and challenge, and let go of perfection.

Fire invites movement. Water invites flow.

Both exist in balance - like a dance.

This guide is a seasonal tool. Not meant to overwhelm or prescribe, but to inspire.

Pick what resonates. Skip what doesn't.

Let this be your field guide to feeling good - in your body, your home, and your heart.

The background of the page is a photograph of a beach. In the upper half, there are gentle waves with white foam washing onto the shore. The lower half of the image is a smooth, light-colored sandy beach. The overall color palette is soft and warm, with various shades of beige, cream, and light brown.

S U M M E R

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# Modules

# Summer Energies

Summer is vibrant and full of momentum, yet fleeting and fluid. This season invites us to show up more boldly, while also reminding us to soften and go with the flow.

This season is ruled by both fire and water. Fire fuels expression, joy, and action. Water offers cooling, adaptability, and emotional depth. Embrace the boldness of fire, but let water bring you back into balance.



# Summer Energies

## Main Focus

*Expression + Joy (Fire)*

Embrace boldness - try something new or expressive

- Connect through movement, play, and shared experiences
- Channel energy outward: speak your truth, lead something, initiate action
- Ride the wave of rising energy, knowing it won't last forever

## Anchors

*Fluidity + Adaptability (Water)*

- Practice discernment: not every invitation needs a “yes”
- Build recovery into your week - rest is part of the rhythm
- Take a moment where you catch yourself "trying to be perfect" and just - let it go

# Summer Energies

## Meridians

In traditional Chinese medicine, energy moves through the body along meridian lines - they act as internal energy highways so to speak. Each season is linked with different meridians that support specific parts of our body and emotional wellbeing.

### Summer's Meridians:

- Heart: governs joy, clarity, and connection
- Small Intestine: helps sort what's useful - from food to emotions

When these meridians are in balance, you feel open, connected, and expressive. Out of balance? You might feel scattered, emotionally drained, or overwhelmed.

### Support these meridians with:

- Chest openers (yoga, breathwork, posture resets, stretches)
- Twisting movements and gentle core engagement

Meridian tracing (check our YouTube video!)

You don't need to memorize the system. Just notice what opens your heart and clears your mind.

# Summer Energies

## **Santosha (Contentment)**

Santosha is one of yoga's ethical principles. It means contentment - not complacency.

It's the idea that you can hold both curiosity and acceptance. You can try new things without needing to fix yourself. You can be at peace with where you are, while still evolving.

In summer, this might sound like:

- "This is enough for today."
- "I'm allowed to feel good without 'earning it'."
- "Trying something new means expansion."

Let Santosha guide how you move, rest, reflect, and relate. Let it be the quiet confidence underneath whatever you're exploring this season.

# Summer Energies

## Prompts

In what ways can I be more brave or explorative this season?

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How would I like to connect with others while balancing my own needs?

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What am I content with in my life right now; what am I glad to just let be?

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# Summer Movement

Summer is a season for expressive, heart-led movement - not intensity for the sake of progress. The rising fire energy calls for boldness, joy, and play, while the balancing water element invites softness, fluidity, and ease. Together, they support movement that's both energizing and sustainable.

Instead of chasing performance, summer movement is about how it makes you feel. It's an invitation to try something new, step outside your routine, and explore what lights you up - without pressure or perfection.

Let bold movement be a celebration, not a test.



# Summer Movement

## Main Focus

*Bold, Expressive Movement (Fire)*

- Try a movement challenge or something you wouldn't normally do - handstands, dance, hiking, martial arts...
- Take your practice outdoors: grass, sand, sunshine
- Choose movements that open the chest and elevate your heart rate
- Go for exhilaration, not exhaustion - let your energy rise naturally

## Anchors

*Cooling, Rhythmic Movement (Water)*

- Look up somatic movement techniques and try them when you need a transition between activities
- Try to touch your toes every day. See what changes
- Take a dip in a pool/lake/bath/whatever water you've got, after a sweaty day or activity
- Mini break to music, noticing your breath, or sitting in silence - whatever brings a sense of flow

# Summer Movement

## Prompts

What new movement activity am I interested in trying?

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Where can I expand and push myself in my movement practice?

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Where can I soften and retract in my movement practice?

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# Summer Self-Care

Self-care this season is about intuitive balance and bold resets. The fire of summer gives us energy, excitement, and drive; but too much fire can lead to burnout. Conversely, water reminds us to cool down, rest, and receive.

This season invites us to balance boldness with softness, letting self care be something we feel, not just something we do. When we align self-care with the season, we don't have to force wellness - we create space for it.



# Summer Self-Care

## Main Focus

*Brave, Regulating Self-Care:*

- Try a new self-care experience
- Prioritize contrast: hot/cold therapy, rest after movement, quiet after social time
- Block off “unscheduled” space in your calendar just for you
- Choose one self-care practice that feels bold or slightly uncomfortable (in a good way)

## Anchors

*Soothing, Foundational Self-Care:*

- Sip a cooling drink mid-afternoon
- Apply a cold cloth to your neck or over your eyes when overstimulated
- Foot soaks, self-massage, or facial mists to shift your energy gently
- Gentle breathwork in the shower/while in water

# Summer Self-Care

## Water

Water is summer's medicine. It helps cool the heat - both physically and emotionally - and supports the rhythms of hydration, digestion, focus, and energy. When everything feels too much, water is the reset button.

This season, don't overcomplicate it. Start with one small upgrade, and let it become part of your everyday rhythm. You don't have to overhaul everything - just take one step toward better water.

Step 1: Look up your local water quality on [ewg.org/tapwater](https://ewg.org/tapwater) and use that to inform your decisions on potential filtration options.

### Simple Ways to Improve Your Water

- Add a pinch of sea salt or trace minerals to boost absorption
- Try a basic pitcher filter (like Brita or Pur)
- Boil and cool tap water to reduce chlorine
- Use a shower filter to reduce chemical exposure
- Keep water in glass jars instead of plastic
- Begin your day with a glass of water - before coffee, before anything

# Summer Self-Care

## Prompts

What activity seems like an interesting new way to take care of myself this month?

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What are some ways I can make caring for myself feel more fluid, easy and nourishing?

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What's one simple way I want to improve the water I drink or use every day?

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# Summer Environment

Summer is a perfect time to refresh your physical space.

Guest spaces - whether a full room or just a corner - mirror the season's energy: temporary, bright, and inviting. This isn't about creating a magazine-worthy room - it's about creating a space that feels good to be in. When your space supports flow, rest, and welcome, your energy reflects it. A lighter environment invites more ease and more presence.



# Summer Environment

## Main Focus

### *Bold Space Shifts*

- Declutter deeply (especially under the bed and forgotten corners)
- Rearrange or refresh bedding, towels, art, or layout
- Choose one "stuck" area and transform it into a space that feels clear and alive

## Anchors

### *Soft Touches*

- Add a plant, a fresh flower, or a bowl of water to your room
- Remove or cover any mirror facing the bed (for calmer sleep)
- Open windows daily to refresh energy and bring in light and movement

# Summer Environment

## Ancient Design Wisdom

### Feng Shui:

From Chinese philosophy, is about how energy (Qi) moves through a space. It emphasizes balance - between light and dark, movement and stillness - and encourages intentional arrangement to reduce friction and invite ease.

- Remove mirrors facing the bed (they can disrupt rest)
- Avoid clutter to prevent energy stagnation
- Add natural elements like plants, light, or bowls of water

### Vastu:

Rooted in Indian Vedic architecture, focuses on how the direction and layout of your space align with natural elements. It aims to create grounded, supportive environments by syncing structure with nature's rhythm.

- Position the head of the bed toward the east or south
- Avoid heavy storage under beds
- Use natural materials like wood, cotton, and clay

# Summer Environment

## Prompts

What is one shift I can make in my space that would help me (and my guests) feel more clear or relaxed?

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Where in my environment have things become stagnant - and how might I refresh that energy?

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What details (textures, scents, light) make me feel welcome in someone's home and how can I incorporate them into my own space?

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# Check-In

# Check-In: Week Two

## Waxing Moon

*(New → Full) Theme: Build something.*

This is the “lean in” phase. Energy is rising. You’re gathering momentum. Now’s the time to try something new, commit to a challenge, and nurture your ideas before they peak.

### Prompts

What am I ready to say yes to?

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Where am I building energy?

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How can I commit to my goal with more consistency?

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# Check-In: Week Three

## Full Moon

*Theme: Witness your growth.*

The full moon is visibility. Illumination. Celebration. Sometimes it's overwhelming. Sometimes it's empowering. You don't have to be perfect - you just have to be present with what's showing up.

### Prompts

What's been revealed to me this month?

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What part of myself is being reflected back?

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What can I celebrate - even if it's small?

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# Check-In: Week Four

## Waning Moon

*(Full → New) Theme: Let go.*

This is your cue to slow down. Clear the calendar. Close the loop. The waning moon is about making space - that's how cycles work.

### Prompts

What no longer feels aligned?

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Where am I forcing something that's ready to be released?

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What can I simplify to make space for what's next?

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# Close the Summer Cycle with Intention

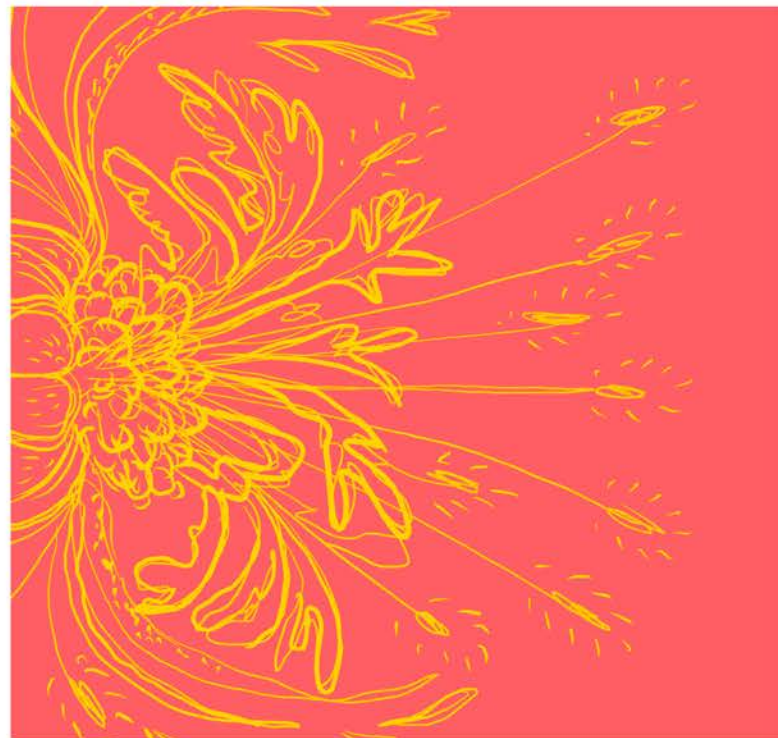
## Did I...

- ☐ Did I try something new - big or small?
- ☐ Did I let myself rest without guilt (even once)?
- ☐ Did I move my body in a way that felt fun?
- ☐ Did I drink water like it actually matters?
- ☐ Did I clear space somewhere - in my home or in my head?
- ☐ Did I remind myself that I don't need to do it all to be doing enough?

You did it - or perhaps you didn't. The purpose of this field guide is not about achieving a final completion, but rather about the journey of following your own process.

There's no one right path, only the one that supports your energy.

Next week we transition into the next cycle; let's see what it has in store for us.



# Monthly Planner

| MONDAY | TUESDAY | WEDNESDAY                | THURSDAY               | FRIDAY               | SATURDAY / SUNDAY |
|--------|---------|--------------------------|------------------------|----------------------|-------------------|
|        |         | JUNE 25<br>Season Begins |                        |                      |                   |
|        |         | JULY 2<br>Week Two       |                        |                      |                   |
|        |         |                          | JULY 10<br>Week Three  |                      |                   |
|        |         |                          |                        | JULY 18<br>Week Four |                   |
|        |         |                          | JULY 24<br>Season Ends |                      |                   |

Notes:

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# Until Next Time

If this material brings you a breath of fresh air, a seasonal reset, or just a moment that feels like yours - consider tossing a little support my way.

No pressure - just heartfelt thanks if it feels right. And as always, thanks, my fellow seasonal designers. You make this rhythm real.  
<https://buy.stripe.com/bLYalneXNaSCb8...>

You can find more Framework Wellness on the following platforms.



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We look forward to seeing you again -  
Thank you for showing up for yourself and being you.