



HOW DO YOU COPE WITH SUMMER WEATHER?

SUPPORT GROUP DISCUSSION OUTLINE

Questions for the group

Weather extremes can trigger vestibular symptoms. With many places experiencing higher temperatures, this can be even more pronounced. Let's talk about what you do to cope with summer weather changes.

1. What is the weather like during the summer months where you live?
2. How does heat, humidity, or other summer weather affect your vestibular issues?
3. Do you have air conditioning?
4. Do you spend much time outside?
5. Does the summer weather change your normal daily habits?
6. Does the summer weather affect how, when, and where you socialize with friends and family?

Tips to share

Here are some tips from other vestibular patients to manage how the summer weather affects you.

1. Allergies: Close windows and stay inside stay with the air conditioning on. You might want to have an HVAC consultant check your air filters. Consult your doctor for allergy medications if needed. Be mindful of food triggers. Watch the pollen report.
2. Don't go from air conditioning to outdoor heat too frequently, as the dramatic change can shock your system.
3. If you're doing outdoor activities, give yourself time in the shade. You can even bring your own shade with you (e.g. bring a shade tent/tarp to the beach).

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4. Barometric pressure - [check out this article for tips](#).
5. Watch for weather changes and storms. You might want to take preventative medication, if applicable, if you know a storm is approaching.
6. Pay attention to your body for any changes that are out of the ordinary.
7. Stay hydrated!
8. Do outside physical activity when the temps are cooler, late or early in the day.
9. Rest and guard your energy.
10. Use cooling cloths, hand fans, or other tools to manually manage heat.
11. Use light sensitivity glasses or sunglasses.
12. Wear a hat (the bigger, the better).
13. Invest in a high-quality sunscreen; avoid sunscreens with perfumes.
14. Be especially careful when you are near the water, e.g. on a boat or in a swimming pool, where the water reflects the sun.

Do you have any more tips you'd like to share?

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