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Summer is here, and we can definitely feel it! But just because the temperatureâ€™s rising doesnâ€™t me your spending has to go up too. Read on for some tips on how to keep cool without having to turn up the airconditioning.

Watch What You Wear

During the summer months, wear light-colored clothing in breathable fabrics such as cotton, linen or silk. Jeans are a no-no at this time! If you need to wear stockings as part of your uniform, keep a spare set in your bag, locker or desk and wear it only in the office.

Spray Away

Fill a spray bottle with cool, chilled water and spritz yourself whenever you can. This is especially useful if you need to work outdoors.

Turn It Off!

Turn off, or even unplug, your appliances: the computer, the microwave oven, your lamps, even the TV if you can. Try putting off using your oven during the summer months too. All these generate heat that can affect your entire home. Nowâ€™s the perfect time to handwash and airdry your clothing and dishes.

Go For the Cold!

Ice candy, ice cream, halo-halo, mais con hieloâ€”now is the perfect time to enjoy these treats. You can even make this into a part-time business for you, your kids or your family.

Make Your Own Cold Pack

Fill a clean, old sock Â¾ of the way with uncooked rice. Sew the other end shut. Put in the freezer overnight. At the hottest time of the day, take it out and drape it over your neck.

Drink Lots of Water

Yes, you heard it-JUST WATER. Sodas, coffee and some teas have a diuretic effectâ€”meaning they can actually dehydrate you. Plus, the added sugars in these drinks are not healthful at al. In the hot summer days, drinking water is the best way to cool you down.

Consider Changing Your Light Bulbs

Incandescent bulbs generate heat, so itâ€™s best to switch to compact fluorescent bulbs. Doing so can help you save on electricity too!

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