

## *Spring Wellness and Renewal*

Spring is a season of renewal, making it the perfect time to refresh your well-being physically, mentally, and emotionally. As nature blossoms, take this opportunity to rejuvenate your routines, declutter your mind and embrace healthier habits.

### **Spring Clean your Mind & Space**

- Declutter - A clean, organized environment can reduce stress and improve focus.
- Let go of Mental Clutter - Practice mindfulness, journal your thoughts, or engage in deep breathing exercises to clear your mind.
- Set Fresh Goals - Reflect on personal and professional growth. What new habits or skills would you like to cultivate this season?

### **Boost Your Mood with the Great Outdoors**

- Take a walk during lunch breaks to soak in the sunshine.
- Start a small garden or care for indoor plants.
- Plan outdoor activities like biking, hiking or picnics with loved ones.

### **Prioritize Self-Care**

- Refresh your sleeping routine. Longer daylight hours can impact sleep patterns. Maintain a consistent bedtime and limit screen time before bed.
- Stay Hydrated - Refocus on hydrating your body with water to keep full and energized. Limit soda, sugary drinks, and alcoholic beverages.
- Nourish with seasonal foods. Enjoy fresh fruits and vegetables that support energy and immunity like berries, leafy greens and citrus fruits.



To speak with an EAP counselor, please call (402) 398-5566 or (888) 847-4975