

With the Winter season soon behind us and the days getting longer, we gravitate towards shaking off our winter willies, getting outdoors, and reclaiming our vitality. Here are three ideas to help invigorate your wellness focus and motivation with the spring season right around the corner!

Uncoil

Stretching

When we think of stretching, naturally our thoughts turn towards our physical selves. As well as turning our attention to our physical needs, it's also rewarding to focus on our spiritual and emotional needs. With so much local and global attention focusing on what's wrong with the world and our communities, it's important to gain balance through exploring our inner needs. Drawing on spiritual readings and practices can be an invitation to seeing ourselves and our perception of our world/path in a different light. I'm fond of the writing and practices of the Buddhist monk Pema Chodron (e.g. *The Wisdom of No Escape, Comfortable with Uncertainty*). There are many resources to explore and embrace that will have you stretching and feeling grateful, more engaged in your day-to-day living, and hopeful.

Unleash

Invigorating

With days becoming longer, temperatures slowly rising, and spring buds growing, spring offers us an opportunity to come out of our winter doldrums. For many, creating a wellness plan over Spring Break offers a chance to become more active and to seek the outdoors during the last stretch of the school year. Buddy up with a colleague, partner, or community friend and establish a twelve-week plan to enhance your physical activity outdoors. It's always inspiring and motivating to be outdoors as our local environment starts the process of renewal and growth. Get moving outdoors, and spring ahead with the season at hand.

Uncover

Mobilizing

With the longer days, we are drawn towards movement and rejuvenation. Take some time over the break to identify who you need to recruit or reconnect with so that you can get more active and attend to your wellness needs. This is the time for action, and accessing the resources that you need to make your health needs a priority, whether it's working with a personal trainer, reconnecting with your massage therapist or naturopath, seeing your doctor, or joining an exercise group. Reach out to your local health and wellness providers and make an appointment as a means of prioritizing your wellness. With a little research, you might just uncover a local wellness practitioner 'gem', or reconnect with a dormant one who has helped you in the past. Regardless, get cracking and embrace the many benefits of the concentrated self-care focus and intention.

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