

TAKE 3

With the Spring season right around the corner, and days growing longer, we find ourselves drawn to be more active. Here are three ideas to help invigorate your wellness focus, and motivation to embrace the dawning of Spring.

by

Jack MacNeill

*MEd (Coun.Psych.), RCC, CVRP, RRP
President, humanworks*

Salutations

Springtime often represents rebirth and new beginnings. Coming out of our winter ways and habits, the increased daylight and early new growth in nature can cue us to adjust our intentions, reflecting the changes of the season. Spend time in the morning reflecting on what this time of year means to you and what you need to alter in your day-to-day practice to harness the energy of spring. Many enjoy starting their day with sun salutations at this time of year to reflect the changes of the seasons. This 15-minute morning ritual can help set the tone for how you orientate yourself to your daily interactions with others, and it provides a great means to generate gratitude in a consistent and comforting way.

Connection

With the days becoming longer, temperatures slowly rising, and 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 be outdoors during the last stretch of the school year.

Partner 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 environments start the process of renewal and growth. Get moving outdoors and spring ahead with the season at hand. Seek more human contact and reduce your screen time on all devices and means. Find the joy and wonder of human interaction in a deliberate and active way.

Renewal

With the longer days, we are drawn towards movement and rejuvenation. Take some time over the break to identify what you need to do for yourself as you prepare for the final stretch of the year. This is the time for action, and accessing the resources that you need to make your health needs a priority. Reflect on what small micro goals you can set for yourself to help navigate the next few months. Remember, as James Clear recommends in his book *Atomic Habits*, most people benefit more from consistency of behaviour over intensity of behaviour. Identify a few things you can do differently, consistently, for the latter part of the year to make your health a priority. Keep it simple and consistent.

