

With Spring just around the corner, we look towards renewal, revival and rejuvenation. Here are three ideas to help invigorate your wellness focus and motivation, with the Winter season soon behind us.

Renewal

Growing

With longer days, temperatures slowly rising and spring buds growing, Spring offers a chance to shake off the winter coats and turn our attention to what can be. Take time to identify what you would like to shed from your day-to-day activities and mindset coming out of Winter. Envision a personal wellness mindset that inspires new intentions and focuses on growth, optimism and movement. Let the Spring season be your launch point for making space for new ways of being and self-care.

Revival

Shifting

Many of us found ourselves sheltering and hibernating through the Winter months, especially this year with the COVID-19 challenges we have all faced. Turn your attention to shifting your diet and physical activity to reflect the lightness that Spring offers. It's time for many of us to put away our Winter comfort menus and turn our attention to food that inspires movement and vitality. Like our change in diet, move away from more sedentary behavior and engage in regular activity outdoors before and after work as the days grow longer again.

Rejuvenation

Reclaiming

If you haven't done so yet in the New Year, this is a great time to assess what supports you could use to help you reclaim greater lasting wellness, whether it's working with a personal trainer, reconnecting with your massage therapist or naturopath, joining an exercise group or exploring mindfulness. Focusing more on your specific wellness needs and identifying resources to help you realize your wellness goals can improve your motivation and success. Using the Spring as motivation to improve your vitality and help you navigate the latter portion of the school year with greater resiliency and confidence.

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