



Spring Is In Bloom!!!



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Three cheers for spring...HIP-HIP-HOORAY...HIP-HIP-HOORAY...HIP-HIP-HOORAY!! Finally, most of the cold, snow and wind is behind us! And yes, I said *most* so that I don't jinx us! We're all getting familiar with the normal get healthy, stay healthy tips...**Eat a healthy diet, drink plenty of water, be active, get enough sleep**, you know, the usual stuff! But here are a few other things to consider this spring that may not cross your mind as often. Take this spring to add a few new things to your getting healthier list! **Help others** – studies have shown that volunteering and helping others can help lower your blood pressure. It can also help manage stress, decrease pain, help you live a longer life and to just overall be a happier person. **Do some spring cleaning** – this helps to not only make your living spaces tidier but it also helps your mind feel clearer. Clearing clutter and organizing your space will have the same effect on your mental health and help to clear your mind of clutter, too. **Be mindful** – spring is the perfect time to begin a new mindfulness routine. This doesn't necessarily mean full meditation, which can be difficult for some to do, consider starting with a quiet activity like yoga or journaling. Any activity that relaxes you and gives you the opportunity to quiet your mind for a bit is a step in the right direction of mindfulness. **Reconnect with others** – it's time to end our winter hibernation, let's get out there and reconnect! It's time to bring that social life back and make plans with family and friends. Let the warmer weather serve as a motivator for you to get out and be social. Call up a friend you haven't seen in a while or plan a fun outdoor activity with family. Surround yourself with people who love you! **Do something kind for someone else** – this will make both your heart and you soul happy, what a better way to kick off the spring season!

Use these tips for fresh start as you step into spring. Take in the bright sunshine, the blooming flowers and the wonderful smell of spring as it explodes into a beautiful new season of change. Rediscover health and wellness and rediscover yourself.

"Don't wait for someone else to bring you flowers. Plant your own garden and decorate your own soul." ~ Luther Burbank