

## Spring Reset

However you may feel about daylight savings time, it is undeniable that the spring thaw is soon upon us. This comes with all the mixed blessings that we've become accustomed to living in the north and rolling with what Vermont hands us through the seasons. Warm sunshine reflecting off the snow gives us great spring ski days and goggle tans (maybe not so much this year) while also forcing us to navigate muddy roads and hosing off muddy dogs. It's all part of the deal.

This time of year is also a time of recovery and new direction and a great opportunity to reset and recommit to the daily practices that keep us centered and grounded in our busy lives. There are some pretty simple things we can do to try and help this along. Here are a few quick reminders.

Nature- A little extra afternoon daylight can offer the opportunity to get outside and get in some time with nature. As trails dry out, we can take advantage of being in the woods and the comfort being outside in Vermont provides. Being in nature has proven therapeutic benefits and we are lucky to have plenty around us!

Spring cleaning- There is definitely some truth to the idea that a disorganized space can lead to a disorganized mind. Spring reveals the winter's impact on our space both external and internal. Slowly clearing away the debris, making space, and getting just a little bit organized can help us to unwind and feel a bit more settled.

Exercise- Being in motion, whether outside or an indoor routine, is important no matter what time of year. Spring offers the opportunities to get outside (once the mud subsides!) and the extra light can help us be a bit more motivated at the tail end of the day. Carving out the time for at least 20-30 mins of movement a day is beneficial for short term and long term mental and physical health.

Mindfulness- During this challenging time of existential stress and concern, it is even more important to be present in our day to day and find the ability to slow down and rest. 15-30 minutes of relaxation breathing or mindfulness practice a day can help to center us and let us slow down and be more present. This opens up the opportunity to connect more deeply with those around us and turn the volume down in an ever more demanding world.

I realize as I write this that this can seem to add more "to do's" to the daily grind. It's true, it takes some intention and some time to add these activities into a busy life. The payoff is the balance that it will provide and the increase in overall wellness for you and the people you care about. Don't ever forget, you're worth it!