

Think Well, Be Well

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Spring isn't just for cleaning out your closet or home; it's also a great time to refresh your mind, body and personal habits. This season is often associated with growth and new beginnings, making it the perfect time for self-reflection and adjustments.

Researchers have discovered that certain mood disorders (e.g., depression, anxiety and mania) seem to peak during the spring months, and it may be related to dealing with change.

To combat any uneasy or anxious feelings related to the season change or other personal happenings, you can check in on yourself and make adjustments or develop a game plan to move forward. This article explores the concept of spring cleaning your routine to help you reduce stress, offer a sense of control and live more intentionally.

Refresh Your Mindset

As you mindfully shift into the spring season, consider the following ways to freshen up your daily routine in ways that support your overall wellness:

- **Assess your current routine.** The first step in spring cleaning your routine is to take stock of your current habits and activities. Are there tasks or commitments that no longer serve you? Are there areas where you feel overwhelmed or stressed? Identifying these areas is the key to creating a more streamlined and manageable routine.
- **Declutter.** Much like decluttering your home, decluttering your schedule involves prioritizing what is truly important and letting go of the rest. Look at your calendar and identify any activities or commitments causing unnecessary stress or taking up too much time. Be willing to say no to things that don't align with your priorities or bring you joy.
- **Create space for self-care.** One of the most important aspects of spring cleaning your routine is prioritizing self-care. This can include activities such as exercise, meditation, spending time in nature, or simply taking a few moments each day to relax and recharge. By carving out time for self-care, you can better manage stress and improve your overall well-being.
- **Practice mindfulness.** Mindfulness is being present in the moment and cultivating awareness of your thoughts, feelings and surroundings. Incorporating mindfulness into your daily routine can help reduce stress, improve focus and enhance overall happiness. Whether through meditation, breathing exercises, or just taking a few moments to pause and appreciate the world around you, mindfulness can be a powerful tool for improving mental health.
- **Establish healthy habits.** Spring is the perfect time to establish healthy habits that support your mental health. This could involve committing to a regular sleep schedule or incorporating more movement into your day. Small changes can add up to significant improvements in your overall health and well-being.
- **Incorporate seasonal fruits and vegetables into your snacks and meals.** If you're feeling in a rut with your meals and snacks, reset your recipes with seasonal produce and other ingredients. Spring produce includes vegetables like asparagus, artichokes, radishes, rhubarb and peas, as well as fruits like strawberries. Not only is spring produce vibrant and fresh tasting, but it also offers health benefits. In-season fruits and vegetables are picked at the peak of their freshness and nutritional value, so they are packed with essential vitamins, minerals and antioxidants that provide a natural boost to your immune system and overall well-being. Eating seasonally means you're adding variety to your diet while incorporating diverse vitamins and minerals.
- **Move your workout outdoors as the days get warmer and longer.** As the weather starts to warm up, it's the perfect time to take your exercise regimen out of the gym and soak up some vitamin D. While exercise of any kind may enhance your physical and mental well-being, outdoor exercise, in particular, can provide additional benefits, such as alleviating negative feelings, improving sleep quality and sharpening your mind.

Summary

Spring cleaning your routine can have a profound impact on your mental health. It can help you reduce stress, increase feelings of control and improve overall well-being. Start spring cleaning your routine today to create one that supports your mental health and enables you to thrive in spring and beyond.

Contact a trained health care provider if you or a loved one needs support with their mental health.

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