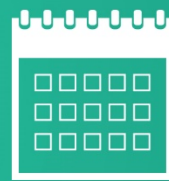




# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by Awesome Content Cloud Performance



## 7 Spring Well-being Tips

Spring is often associated with warmer weather, increased sunlight and more opportunities to spend time outdoors. These changes can impact your physical and mental well-being, providing you an opportunity to take positive steps to improve your health. This article explores the significance of spring well-being and offers several practical suggestions for making the most of this vibrant season.

### Spring Well-being Tips

To improve your physical and mental health this season, consider the following seven spring well-being tips:

1. **Eat fresh, in-season produce.** Seasonal foods are those purchased and consumed at the peak harvest times. The changing of the season means the new options are in peak season. Common spring fruits and vegetables include asparagus, blackberries, rhubarb, spinach and strawberries. Shop for produce locally to get fresh, tasty and nutritious options to add to your meals. Try to make at least half of every plate fruits and vegetables.
2. **Spend more time outside.** Sunlight can boost serotonin and help your body produce vitamin D, both of which can improve your mood. Consider adding a 30-minute walk to your daily schedule to soak up some of these benefits, but don't forget to apply sunscreen and practice sun safety best practices.
3. **Prioritize spring cleaning.** Cleaning out your physical space can help improve your mental well-being. If you don't have time to commit a

whole day to cleaning, try tidying one small area a day until the job is complete.

4. **Get out and exercise.** Warmer weather can open up exercise and fitness options that weren't as available during the winter, such as walking, outdoor yoga or sports like tennis and pickleball. Adding outdoor fitness to your routine can help you meet exercise goals. Always speak with your health care provider before beginning a new exercise program.
5. **Be aware of spring allergies.** During the spring, tree and grass pollen tend to hit their peak season, causing many people to experience allergies. If you or someone in your household suffers from spring allergies, it's important to do what you can to alleviate symptoms. This can include closing windows on windy days, dusting regularly, washing sheets weekly and vacuuming twice a week.
6. **Pick up a new hobby.** With warmer weather and longer days, spring often gives people more energy and motivation. Find a new activity, or one you've been neglecting, that brings you joy. This could be reading in the sunlight, playing an outdoor sport, starting a garden or painting spring landscapes.



## 7 Spring Well-being Tips

Setting aside time to do things you enjoy can improve your mental health and promote creativity.

7. **Reconnect with loved ones.** It is easy to become secluded and antisocial in winter. Come out of your hibernation and spend time with those you haven't seen in a while. Plan a family picnic, invite a friend to go for a walk or plan a weekly craft night.

### Summary

As spring unfolds, embrace the season's potential to enhance your well-being. By incorporating fresh produce into your diet, spending time outdoors and establishing healthy routines, you can make the most of the warm days and increased sunlight. Let this spring be a time of renewal and growth when you prioritize your health and happiness.

Contact a trained health care provider for personalized health and wellness guidance.