



WELLNESS TIPS

Spring has Sprung!



TIPS FOR APRIL WELLNESS

SPRING CLEANING FOR A REFRESHED ENVIRONMENT

Deep cleaning your home is a great way to start the season off right! Rejuvenating your space has proven to positively impact mental health, and promote productivity. Cleansing your environment also ensures you stay physically well by eliminating allergens and hazardous clutter.

TIPS FOR A STRESS FREE SPRING CLEAN:

- 1. Make a Schedule** Break down your list of chores into a daily checklist to ensure you meet your clean up deadline!
- 2. De-Clutter** Recycle old boxes and paperwork, cleanse the junk drawer, donate neglected outfits, and see what might sell on your local marketplace.
- 3. Think Green** Use green cleaning solutions to avoid harmful chemicals and toxins.
- 4. Work from Top to Bottom** Always clean from the ceiling down to force debris downward, and keep you from having to re-clean your space!
- 5. Don't Forget your Air** Remember to replace your furnace or HVAC filter this spring! Consider investing in an air purifier to reduce allergens.
- 6. Organize for easy maintenance** Pick up storage bins and labels from your local dollar store to organize your garage, pantry, or laundry room.

TIPS TO REVITALIZE YOUR MIND & BODY:

A clean home is a strong foundation in supporting mental health and wellbeing. After you are happy with the space around you, take the opportunity to reflect inward, and assess what spring cleaning could go on inside!

- 1. Let the fresh air in** Open your windows and let the fresh air in! Fresh oxygen helps the lungs to expel more airborne toxins.
- 2. Sweat in nature** Exercising in nature is proven to increase energy, and reduce stress. Sweat out toxins, and absorb your vitamin D!
- 3. Detox your social media** Clean out any accounts you follow that do not add value, inspire, or challenge you! Free yourself from negative messaging.
- 4. Detox your gut** Create a meal plan that is kind to your body, and easy on your wallet! Remember to drink more water in warmer weather!

It's time to come out of hibernation! Spring has sprung, and with it comes a host of new activities for you and your family to enjoy! Set yourself up for a enjoyable and productive season by planning for success this spring!

SPRING ACTIVITIES TO KEEP YOU MOVING ALL SEASON

- Visit a local farmers market
- Join a softball league
- Join a community clean up
- Start an herb garden
- Host a scavenger hunt
- Take a bike ride
- Go to a drive-in movie
- Go camping with friends
- Take up birdwatching
- Hone your frisbee skills