

Spring: Advice for a Season of Mental Wellness

Dear readers,

As winter releases its hold and signs of spring start to flourish, we get reminded of nature's resilience and ability to renew itself. The change from winter to spring is not merely a weather transition, though it is also a time for thinking about how to reset

our mental health to a more productive mindset. The days are getting long, snow is starting to melt, and the flowers are blossoming, spring is finally here! As nature sheds the chill of winter, it is a great opportunity for us to do the same. Spending more time outdoors, whether it is relaxing in your own time or hanging out with friends, is a great way to embrace the spring season. If winter stress has you feeling exhausted, now is the right moment to reset. Consider practicing deep breathing, going for walks daily whether that's around the neighborhood or in a park, and slowing down can bring more peace and comfort to take your body out of a stressed state. Easy fixes to your environment too, such as spring cleaning, improved time management, and enjoying time in the sun can not only benefit your body, but also your mind and soul. This spring season, let us embrace a less stressed mindset and make some time to refresh and unwind!



Tips for a Productive Spring Season



Embrace the outdoors: Going outside is one of the most simple yet productive ways to boost your mood. Taking a morning walk, going hiking, or simply stepping outside of your house can immerse yourself in nature and benefit your mental health. Studies have shown that time spent in green spaces can reduce stress, benefit your mood, and even enhance your focus in school.

Spring cleaning: Decluttering and organizing can have a significant impact on your mental clarity. A clean and organized environment can lead to reduced stress and increased productivity. This mindfulness can help form a stronger sense of emotional balance and internal peace.

Digital detox: try it! This can let go of the overload of screen time and instead find time to explore hobbies that you enjoy but neglect sometimes.

Support and guidance: If winter has taken a large toll on your mental health, it is not too late to do something about it and reach out for help. Try talking to a friend, family member, or trusted adult and share a piece of what is bothering you. If this seems daunting and you want to try a more quiet yet powerful approach, you should try brain dumping to put everything you are thinking and feeling on paper, which you don't have to share with others.

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