



Spring Into Self-Care

Spring has sprung, which means it's a great time to check-in with yourself and reevaluate your well-being. It's important to relieve the pressures of everyday life by taking time to rejuvenate the mind and body. Try some of these self-care tips to revive and energize your daily routine!

Eat Lunch Outdoors

Take a break to enjoy the spring weather and soak in sunlight! It might be exactly what you need to keep a smile on your face for the rest of the workday.

Declutter and Clean

Spring cleaning can be a refreshing way to kick off the season. Focus on one area at a time to declutter your workspace, your personal space and all other pesky areas!

Make Plans with Friends and Family

Self-care doesn't have to be by yourself. Make time for the people you love to boost social interaction and relationships.

Take a Walk in Nature

Reconnecting with nature is a great way to also reconnect with yourself. Take a moment to appreciate your surroundings and find beauty wherever you live.

Treat Yourself

Indulge in a simple pleasure. Maybe that's watching your favorite movie, getting a carwash, or planning your favorite meal. Ease your mind by focusing on one thing for you.

Journal

Document how you're feeling today. Get thoughts out of your head and onto paper so you can see them clearly and readjust as needed.

Take Up Gardening

Spring is the perfect time to start thinking about a garden! Whether it's flowers, herbs or veggies, gardening is a great way to get outside and try something new.

Start Reading a New Book

Dedicate some quiet time to yourself. Build your imagination or learn something new!

Get Moving

Avoid cabin fever by getting outside for some exercise. Go for a walk, hike or stretch outside to soak in the smells and sounds of the outdoors.