

S P R I N G 2 0 1 1

Spring into Action

New beginnings, new habits, new YOU!



Don't Put it Off Any Longer

The first day of Spring was March 20th, and it's an age old tradition to spring clean. Typically, this means cleaning out your closet and throwing out old junk, but have you ever considered spring cleaning yourself!? More specifically, your mind, body and spirit. One of the most effective methods of improving your emotional well being and promoting a positive outlook on life is to focus on an aspect of yourself which could use a little work. Develop a goal and a plan for "cleaning up" or improving this aspect of who you are. Don't put off creating a happier and healthier life for yourself!

Ways to Improve Your Mind, Body, & Spirit

- Take a short "time out" everyday
- Go on a walk outdoors
- Visit local parks, gardens
- Try Yoga
- Clean the clutter
- Eat fruit & green vegetables
- Trade coffee for herbal tea
- Get 7-8 hours of sleep
- Take a bath, complete with candles & soothing music
- Try visualization: Close your eyes & create a mental image of a calm, soothing place like a secluded beach or the mountains. Imagine all the different sensory experiences you encounter while in this environment. Embrace it.

Potential Goals for Self Improvement

- Eating healthier
- Exercise
- Reconnect with family and old friends
- Read a book for an hour that you would otherwise spend watching TV
- Treat yourself to a mini-makeover
 - New haircut or new clothes
- Pursue a hobby you've always been interested in:
 - Dance classes
 - Learning to play a musical instrument
 - Photography
- Simplify your life. Prioritize the things going on in your life and try focusing on what's important to you.
 - Clear off the tangible and intangible "surfaces" of your life, such as your desk, coffee table, email inbox, and even your mental to-do list.

 PINNACLE EAP

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