



## “Spring” Into Action

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Spring is a time of renewal. After this record breaking winter, Minnesotans welcome spring as a reprieve from the cold and snow. You may notice your mood lift as the days grow longer, but what about taking this a step further? What about implementing change in areas that have been “hibernating” throughout these cold months? Winter is a wonderful time of year full of holidays, fireplaces, relaxation and comfort food however, it can also be a time of inaction or slowed action in the areas we have set goals for ourselves. Let’s look at ways in which we can “Spring” into action as the longer days pave the way for us to reengage in our goals.

What can you do to spring into action? Here are some tips:

1. **Awareness:** This is key to reevaluation and goal setting. Take the time to look at goals you may have set for yourself during the winter and use this time of year to either refocus yourself or create new goals.
2. **Start or A New Project:** Is there a project you have been wanting to begin but haven’t had the motivation? Why not start it now? Small or large scale, spring is a prime time of year to tackle that growing to-do list.
3. **Refresh Your Mind:** We typically see a large influx of people in the spring, especially after a winter as long as the one we endured this year. How are you doing with your mental health? Where are you at? What can you do to make sure you are on the path you want to be in mind and body?
4. **Get outside!** The beautiful weather of spring is a wonderful way to boost your physical and mental health.
5. **Pace Yourself:** Remember, spring is a time for action but remember to pace yourself. All too often we jump head-first into things, but by autumn we fall back into a place of stagnancy. How do we prevent this? Check-in with yourself, family and friends often. Evaluate where you are at, be realistic with your intentions and remember we have the summer time too!

March is the ideal month to take your goals a step further and implement them into your daily routine. Let this time of year encourage your growth and new beginnings just as it does with the natural environment around you. Spring into action and see the fruits of your growth!