



Wellbeing Tips

Self-care in Spring



Spring into mindfulness with these activities

Spring is the perfect time to practice mindfulness, as the warming weather encourages us to step outside after being indoors during winter and reconnect with the natural world.

Spending time outdoors, particularly in Spring, can lift mood, improve focus, and reduce stress, heart rate, blood pressure and muscle tension, as well as improve overall wellbeing by fostering a sense of presence, positivity and reinvigoration. Some springtime mindfulness activities might include:

- Taking a slow, attentive walk to notice the sounds, sights, and scents of new growth.
- Sitting quietly in a park and focusing on the rhythm of your breath, the birdsong or the cloud patterns.
- Take a blanket and some food to a quiet nature spot and enjoy a picnic, alone or with loved ones.
- Watch a sunrise or sunset, paying attention to the changes in light, colour, sound and atmosphere around you.
- Engaging in mindful gardening by paying attention to the textures, movements and colours of the soil and plants.
- Make some nature art by collecting different coloured or textured leaves, rocks, sticks or bark and letting your creative side shine.

Even simple practices, such as pausing to feel the warmth of the sun on your face or noticing the colours of new blossoming flowers, can cultivate awareness and gratitude, helping to ground us in the present moment and enhance our connection with both ourselves and our environment.