

EAP NOTES: Spring Renewal Re-group, Re-prioritize and Re-invent



We still have a little way to go to enjoy the warmth and light that spring brings, but we can begin to **think about what we can do to renew ourselves and to better balance our lives**. What better time than spring to re-group, re-prioritize, and even re-invent ourselves, and the lives we find ourselves living. Here are some spring “rituals” to get started.

Clear out mental and emotional clutter. Why not use this season of renewal as a reminder to get rid of things that are weighing you down or sapping your energy?

- Commit to making decisions you've been putting off.
- Maintain Positivity. When negative thoughts surround you, replace them with positive ones.

Start a new Practice. A new discipline will ensure that you invite mindfulness into your life. Daily “time-outs” will give you a break from your everyday routine.

- A practice such as yoga or meditation are easy to find almost anywhere and relatively affordable. Check out the [CALM app](#) to get you started.
- Walking is a wonderful way to help your body while clearing your mind. Change your route from time to time. Change the scenery and change your perspective!

Begin something new. Focus on spring as a time of new beginnings and resolve to do something you've always wanted to do but never felt you had the time.

- Assess your health. Maybe it's time to begin taking care of yourself? It's far better to change the way you live, instead of waiting for things to get out of your control. Create an inventory of your health, how's your diet? How often are you exercising? What's your level of stress?
- Explore your creative side of your brain! Learn a new language, take piano lessons, maybe go back to school.
- Volunteer your time. Teach reading to those who want to learn, or become a mentor.

Simplify your life.

- “Downshift” your life in order to “upshift” the overall **quality of your life**. Reorganize your highest priorities and re-evaluate your commitments. *What do you value most in your life? How much quality time do you spend with the people you care about the most? What is the best way to use your time to create the life you want to have?*

The change of seasons can bring a chance to change your entire life. It's up to you. Best Care EAP is here to help. If you need someone to talk to, give Best Care EAP a call at **402-354-8000** or **800-801-4182** or email eap@bestcareeap.org. **Counselors are just a phone call away.**