

## Spring Clean Your Wellbeing

With the clocks 'springing' forward we wave goodbye to the cold, dark days of winter. Here are some top tips and ways to give your health a 'Spring Clean'.

### Spring Clean Your Wellbeing:

In this article we will explore a series of simple changes or additions to our lifestyle that many of us can adopt to start the spring season with a fresh focus on our wellbeing:

- 1. Getting sleep ready** – the start of British Summer Time can be a significant factor in sleep disruption as we lose that hour of precious sleep. To minimise the impact consider gradually moving your bedtime earlier in the days approaching. The change doesn't have to be drastic, 10 minutes or so will be sufficient. Furthermore, to aid sleep, avoid food and alcohol near bedtime.
- 2. Seasonal eating** – A new season brings new foods and recipes. Take advantage of the different fruit and vegetables that are in season during spring. You'll be able to enjoy delicious foods such as spinach, purple sprouting broccoli, radishes, watercress, asparagus and rhubarb.
- 3. Help with hay fever** - spring brings with it the start of the allergy season. Various nutrition experts tell us that foods rich in flavonoids such as quercetin, vitamin C and beta-carotene can help to block histamine and reduce inflammation. Foods with these ingredients can include garlic, onions and blueberries. Carrots are also good for giving your immunity a boost. Regularly eating local honey can also help your immune system to cope with allergens.
- 4. Keeping a diary or journal** – Writing notes or keeping a diary can be a useful way to get mental clutter out of your head. Eve Menezes Cunningham, author of 365 Ways to Feel Better says that If you're looking to free up more energy, she suggests writing your cluttered thoughts on a piece of paper before ripping it all up and recycling, or writing in pen on toilet paper and literally flushing away the mental mess.
- 5. Fitness and exercise** – Regular exercise is a great way to maintain positive mental and physical wellbeing. With the changing season we may now be more encouraged to train outdoors. Consider working out with a partner or friend as working out with a friend can be great for boosting your motivation and also output in your activity.
- 6. Having a visual goal to work towards** – If you have health, fitness or wellbeing goals this spring, having a visual reminder of this target can be very motivating. This might be a countdown to an event like a marathon or a photo or phone screensaver to inspire you whenever you see it.

7. **Vitamin D top up** – As many of us know, sunlight is the best source of Vitamin D. However, we also know we don't get much of it during the winter months and sometimes during spring. You may want to consider vitamin D supplements to top up our vitamin D stores as it is useful in building healthy bones and immunity.
8. **Sun Screen is cool** – **and** not just for summer. Sun screen can help protect your skin in spring too. “When choosing a sunscreen, look for a high sun-protection factor (30 SPF or more) to protect against UVB, the UVA circle logo and/or four or five UVA stars to protect against UVA,” advises Dr Anjali Mahto, consultant dermatologist and British Skin Foundation spokesperson. “Ensure you apply plenty of sunscreen 15 to 30 minutes before going out into the sun, and reapply every two hours and after swimming.”

We will explore some of these and discuss this topic in more detail during the **'Spring Clean Your Wellbeing'** webinar on **Monday 29<sup>th</sup> March 2021 at 12pm**. You can register to join the webinar at:

<https://attendee.gotowebinar.com/register/7272897096987280396>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.

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