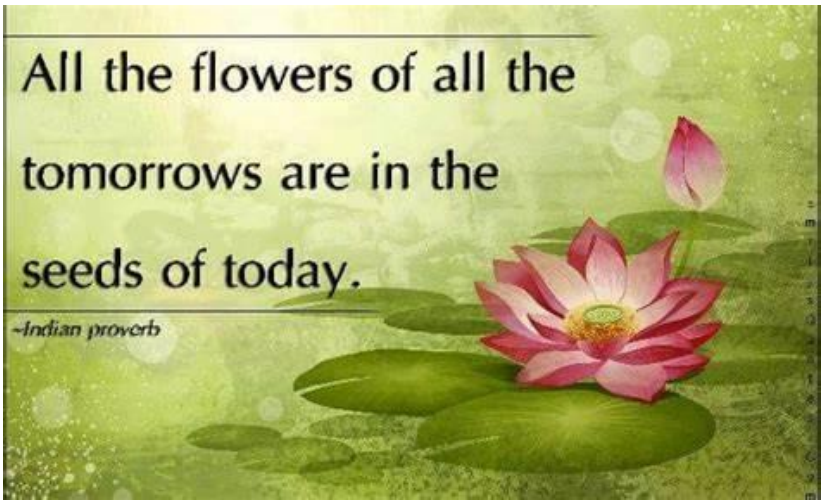
Spring Cleaning for Mental Health: 5 Easy Tips for Mind, Body & Soul

With the way the last couple of years have gone, it is OK if spring cleaning isn't the first thing on your mind. However, what should be on your mind is your mental health. These last couple of years have been challenging to say the least. It is vital to prioritize the emotional health of our families and most importantly ourselves.

Here are 5 tips to spring clean your mental health:

1. Take inventory. Just like you would if you were cleaning out your closet, take inventory of what is in need of change this spring. What do you need more of in terms of self-care and what has been neglected?
2. Start small. Change is uncomfortable so starting small is the key. Want to get healthy? Concentrate on one small healthy habit a month. Practice makes habit so give yourself lots of time to practice.
3. Get moving! Moving our bodies isn't just for losing weight or getting in shape. Moving helps us reduce tension and build resilience.
4. Change your environment. After this last year of spending so much time on Zoom, in our homes and often alone because of the pandemic, it is vital to change up the scenery. Slow and steady is best. Take a walk outside. Plan socially distant outings or meetings.
5. Declutter! While cleaning and getting rid of stuff may not be the priority, making space in your home is vital. We spent the last year confined in so many ways. Give yourself an opportunity to take up space, emotionally and physically, by clearing your natural environment. When we live in clutter and chaos it is likely that our mind isn't far behind. Clear out the clutter in your house to clear out the clutter in your mind.

Here's to a mentally productive spring. Be well and take care.

https://30seconds.com/health/tip/22102/Spring-Cleaning-for-Mental-Health-5-Easy-Tips-for-Mind-Body-Soul