

## Happy Spring!

It's time to stop and smell the flowers.

This month, try to unplug and focus on being more present in the moment.

### TIPS ON HOW TO BE MORE PRESENT:

#### Unplug

- Enjoy time with those around you—or by yourself—without the distractions of technology and a busy life. Try to truly take part in conversations, self-reflect, read and meditate. Let yourself build meaningful memories rather than rushing through a day filled with distractions.

#### Live with intention

- If you plan on implementing any of the above or your own set of goals, actions speak louder than words.
- Implement small daily habits that reflect your values and align with your end goals.
- Know your priorities.
- Be intentional about your health! Don't let your resolutions die down as life gets busy. The food you eat, your fitness and your overall health should always come first.

#### Enjoy the Beauty Around You

- When we say “stop and smell the flowers,” we mean it! Slow down, take a look around and appreciate the beauty that's present every day. Find a nice day to get outdoors and take in some fresh air. Try to live each day with a grateful heart!

#### Travel

- Whether it's a weekend getaway or traveling abroad, you should try to travel regularly. It's important to break free of the daily grind and experience other towns, states, countries, food and cultures. Though these opportunities require planning, budgeting and time away from work, it's always important to invest in yourself—and live a little!

#### Make a dedicated effort to:

- Pick a few days throughout the week to be home by a certain time—avoid scheduling any appointments that will deter this from happening
- When you're at home, take your “work hat” off. Don't check emails or take calls when you're home (work/life integration).
- Avoid tech distractions. Eat dinner at the table without the television on or being glued to your phone. When you sleep, avoid having any devices at your bedside that could disrupt you.
- Embrace life events—don't become “too busy” for memories you can't get back – birthdays, weddings, family outings and the like.

## Make Time to be a Good Spouse Parent or Friend

Treat your significant other to something they enjoy: Make time for your partner, be it a cooking class, a nice dinner or a fun night out.

Be a friend to your friends. Life can create chaotic schedules. Don't let that consume your social life. Engage with friends, make time for each other and reconnect with those you miss or haven't heard from in a while. A phone call will go a lot further than simply liking a social post!

Engage in one-on-one time with your children. Play together, read together and grow together. It will mean a lot to your child and their development.

## Spring Cleaning

According to The Los Angeles Times, there are roughly 300,000 items in an average American home—and quite a few are likely unneeded. Take inventory of your items and consider those that you don't need. Either donate—when applicable—or just get rid of the things in your life that create more clutter. A clean space can go a long way toward reducing stress and anxiety.

