

# Internal Spring Cleaning

## A time of personal renewal

Each spring we dive into the task of undertaking our deep cleaning chores to renew and refresh our personal living environment. We clean up our homes, yards, and closets and let the freshness of the new season enter our homes. This year, why not take this concept deeper and apply it internally by focusing on revitalizing your heart, soul, mind, and health. Just like our personal external environments, our internal environments can suffer immensely from a lack of personal renewal. We all accumulate internal stuff that can be counterproductive and damaging. We owe it to ourselves to dispose of what is not any value to us to allow room for new growth. Spring offers us the opportunity to plant new seeds for what we want in our lives.



Oftentimes when we are stressed or overwhelmed with the day-to-day challenges of life, the one thing that can help us most is what is neglected: self-care. This is about eating well, exercising regularly and getting enough rest as well as enjoying our lives and having a sense of connection and purpose. Taking care of all aspects of ourselves – physical, emotional, and mental is a vital component to lifelong health and happiness.

Here are simple steps to help you find the renewal of “Spring” inside you:

1. Focus on one area of your life at a time that you want to improve (Ex: physical activity)
2. Visualize what you want to happen and feel the change it makes in you (increase physical activity, feel less stressed, feel better inside)
3. Break the process of making changes down into small, manageable steps (increase your number of steps by 10% each week.)
4. Take action, one step at a time
5. Maintain your vision – focus, patience and commitment over time will bring the best results. (Keep a list of why you want to be physically active in your purse or wallet and look at it daily)

## Here are some other suggestions to renew yourself.

- ❖ **Be kind to yourself** – shifting your inner dialogue from harsh self-judgments and guilt to supportive, loving self-talk may be crucial for our inner spring cleaning
- ❖ **Reconnect with friends**-Pick up the phone or send an email to someone you've been meaning to contact. Focus on family and friends who uplift your spirit.
- ❖ **Rethink your time** – Are you happy how you spend your time? Spring cleaning is a good time to re-think your schedule and focus on what makes you happy.
- ❖ **Add exercise**-improve your mood and regenerate your health through regular exercise.
- ❖ **Meditate** – meditation attempts to clean and clear the mind for a few moments. Try for 5 to 10 minutes each day.
- ❖ **Get outdoors**- Sunshine and fresh air can quickly lift your mood and lighten your step
- ❖ **Try something new**-take on a new hobby or activity you haven't had time for
- ❖ **Add some FUN!** -Go on a date with your partner, throw a party, go dancing, or engage in a favorite hobby.

The beautiful spring  
came; and when  
Nature resumes her  
loveliness, the human  
soul is apt to revive  
also.

--Harriet Ann Jacobs

Not sure how to get started? Contact the Fit Minded team at [fitmindedwellness@gmail.com](mailto:fitmindedwellness@gmail.com) for ideas on how to renew yourself this spring.

