



# Spring 2024 Newsletter



## Celebrate Spring

Let's welcome spring back into our lives by re-emerging from indoors and finding some sunshine - both literally and theoretically. If you feel like you are hitting roadblocks on your path to happiness, try these quick swaps:

**Concentration at an all-time low?** Swap that heavy book, series, or podcast for something funny and light. In numerous studies, laughing was shown to significantly reduce the levels of cortisol (the stress hormone) and increase the levels of endorphins (mood boosting hormones) in participants. Laugh therapy is one of the most effective ways to boost concentration.

**Feeling unproductive?** Swap an hour of screen time for tackling one physical task that you have been avoiding. Organizing your filing cabinet isn't the most exciting job, but it can save you a lot of time in the future and you'll feel a sense of accomplishment when you're done.

**Nervous?** Swap out breath holding for mindful breathing. Practicing deep breathing exercises can instantly alleviate feelings of fear. Try a tutorial on the Smiling Mind app in our wellness picks section.

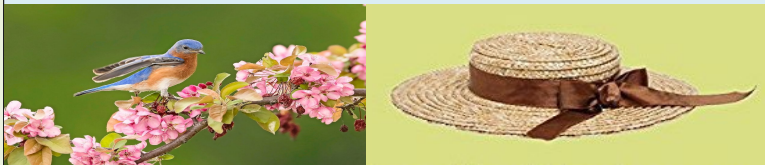
**Overthinking?** Swap out those unhelpful thoughts swirling in your mind with journaling. It doesn't have to be in a fancy book. Just get those thoughts down on paper and seeing them can often help you understand how you are feeling and why. This leads to improved mental and emotional wellbeing.

**Anxious?** Swap that nervous energy and transform it into something creative. Drawing, painting, crocheting, or playing a musical instrument are very therapeutic. The distraction of creating something is a powerful tool to help with anxiety.

**Sad?** Swap out things that make you feel down in favor of spending time with a furry friend. Simply being around an animal releases oxytocin (the happiness hormone) and can lower blood pressure at the same time. Walking a pet in nature can be the perfect combination for feeling happier.

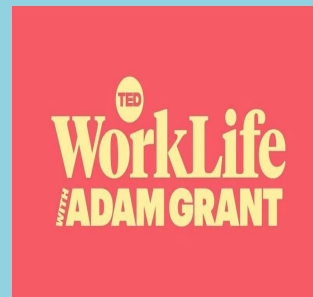
**Hangry?** Swap out the trip to the vending machine for pre-prepared healthy snacks. Set yourself up for success by packing fresh fruit, pre-cut veggies and dip, or nuts to keep energized.

"Nothing ever seems impossible in spring, you know."  
- Lucy Maud Montgomery



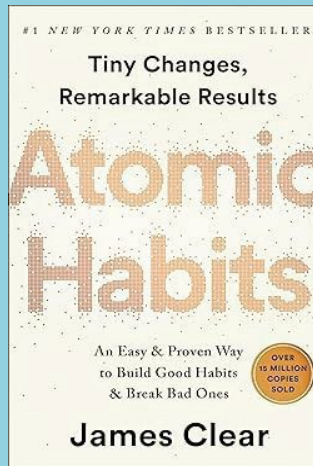
## EAP's Spring Wellness Picks:

### Podcast:



Organizational psychologist Adam Grant takes you inside the minds of some of the world's most unusual professionals to explore the science of making work more enjoyable.

### Inspiring Read:



Packed with evidence-based strategies, Atomic Habits will teach you how to make small changes that will transform your habits and deliver real results.

### App:



Smiling Mind has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity.

## Spring Activity Ideas:

- *Get your bike out and tuned up to ride.*
- *Check out your local garden centers for upcoming planting inspiration. Maybe try a brighter color palette than usual for fun.*
- *Pick up a bird feeder or get crafty and make one of your own!*
- *Break out your brightest spring boots and take a walk down a red dirt road.*
- *Snap some gorgeous PEI spring nature pictures along different parts of the Confederation Trail.*
- *Be a friend to the environment on a spring walk and pick up litter along your way.*
- *Read a good book outside on your porch (before mosquito season starts)*



## Cultural Spotlight: Spring in Thailand

The Songkran festival marks the beginning of the Thai New Year. It takes place in April, Thailand's hottest month. Water is an important symbol during Songkran because it represents washing away the old year and anticipates rainfall for the coming season. During the multi-day festival, people flock to the streets to throw water at each other. From water balloons to buckets, there are endless ways to soak friends and family!

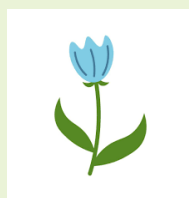


[Click here for this delicious Spring Salad Recipe](#)

*Check out your local Farmer's Market for all of the ingredients. Local always tastes better!*



In this age of technology, it is so easy to send a friend a funny text or meme and think of that as good social connection. This Spring, challenge yourself to go a step further to pick up the phone and have a proper catch-up with an old friend. Talking (the old-fashioned way) is truly good for the soul.



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