

Highway to Health

If you are feeling emotionally depleted these days, you are not alone. The effects of Covid-19 and the fast-paced changes in the world have everyone feeling a new level of fatigue and maybe even depression.

As spring comes in to reawaken the sleeping earth from winter's slumber, we should also take time refresh our mental health by spring cleaning our routines.

Spend time with others.

Spending time with others can increase your sense of belonging and purpose, boost your happiness and reduce your stress.



Brush off the usual and try something new.

Try a cooking, painting, dance or kickboxing class--just sign up!

SPRING INTO MENTAL FITNESS

Spend time alone.

Don't forget to focus on you! It is important to step away from the phone and spend time reflecting on your life goals and desires without the added noise of social media.

