

Spring Cleaning for Your Mental Health

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Soon we will be smelling fresh flowers, cut grass and other pre-summer routines will begin. Spring time is a period of renewal, fresh starts and new beginnings. It prompts us to want to refresh our surroundings and clean up. One ritual we often think of is spring cleaning. Spring cleaning is truly about refreshing and rejuvenating. In addition to sprucing up our physical surrounding this is a time we should also give needed attention to renewing our mental health. Taking care of yourself enhances life in so many ways throughout the entire year. Spring cleaning should take on the role of assisting you in achieving changes that benefit you! Spring cleaning, or the cleansing process, is just as much about the space around us as it is about our mind, body and spirit. Without the later our attempts outside ourselves is limited and often fails to meet our expectations about the mind, body and spirit connection.

Having a clear and refreshed mind allows you to focus on a mentally healthier you. One way to cleanse this area is to create a targeted personal to-do list of what you want to achieve emotionally. Include dream goals as well as short and long-term goals. Make it so that, when you check things off your personal to-do list, you feel good about your accomplishments. Massage therapy can also be effective in treating stress of the mind. This type of therapy often helps to reduce symptoms of anxiety and stress giving you more energy to improve your outlook on life.

When we think about enhancing the body we tend to think eating healthy and exercising regularly. Yes, these things are very true and must not be overlooked as essential components to enhanced mental health. Additionally, you may also want to add in other body-enhancing cleansing methods. One way to cleanse our bodies from the comfort foods of winter is to incorporate herbal teas into our daily routine. Herbal teas can provide needed nourishment to our system with their full array of vitamins and minerals. They can also tone our liver, which is responsible for your body's metabolic functioning.

One's spirit is the fundamental area for cleansing. Ensuring a renewed spirit supports the lasting effects of personal spring cleaning. Yoga and meditation often lend themselves to the cleansing process. Meditation, by definition, can be used to enhance ones personal development. Spending just a few moments each morning participating in these activities can enhance your outlook and achievements throughout the day. In the evening, lighting candles can help you wind down and serve as a spiritual renewal as well. The burning of candles represents the burning away of any negative energy from the day. It represents letting go of any negative thoughts, actions or activities from the day, which will allow you to make room for positive changes and an enhanced life.

Spring Cleaning for Your Mental Health is about cleansing yourself so that you can make way for new beginnings. Mental health is important because when we are distressed, not only is our mind affected, but our physical health is also affected and our spirits are often disrupted. Now is the time to start your spring cleaning for renewed emotional health. Design your own course or call upon the help of a professional. New beginnings, springs gift, allow us to create an enhanced life and one in which we are in control of your emotions, feelings and actions; thus creating personal growth through the mind, body and spirit connection, which in turn allows us to appreciate the beauty and joy within and around us.