



# Spring clean your wellbeing

**LUEMO**  
WORKPLACE WELLBEING

***As the days warm up and we come out of our winter hibernation, it can be motivational to start a spring clean! Including a spruce up of our mental health and wellbeing routines.***

## 1 Embrace the morning

Cold weather, WFH, flu and COVID conspire to dampen our mood and keep us in bed for too long. But the sun is rising earlier each day now so why not get up just that little bit earlier and enjoy the springtime? Morning routines set our energy for the day, so get out of bed at the right time, shower, dress well and eat breakfast – don't stay inside too long.

## 2 Get moving

Restart your exercise routine or start a new one\*. Get some snazzy new exercise gear that makes you feel good. If you are finding it hard, grab a motivated friend or commit and prepay for some classes. You will thank yourself for it! Exercise can be a game changer for our mood, mind and physical health.

## 3 Eat the right fuel

Wintertime can mean we eat a lot of 'comfort food' and get sluggish. Concentrate on getting more veggies, fruit and unprocessed food into your body. Reverse takeaway habits and start making simple fresh meals at home. What you put into your body affects your mood, thoughts and energy

levels so it is essential that you concentrate on putting the right stuff in.

## 4 Get out and get social

Get reconnected with your circle of positive friends and family. Plan catch ups, hikes, weekends away, movies, road trips and meals together. Make future plans and create excitement and anticipation about getting together.

## 5 Do what brings you joy

When do you feel full of life and energy? Think about the activities, people, places and thoughts that fill you up, and work on making these kinds of things an everyday part of your life.

## 6 Turn your back on toxic

Do a spring clean and throw out the things that are holding you back from enjoying life. Too much alcohol, media, drugs, TV, shopping, gambling or toxic relationships hold us back from engaging in the good things in our life. If it's stopping you from doing what brings you joy or spending time with people you love, consider ditching it.

\*Consult with your health practitioner about what's right for you.

➔ [More day to day habit tips on the Luemo Wellbeing Scorecard](#)



## Refresh with minimalism

While you are making your way through a spring clean why not look into Minimalism to help simplify your life? Minimalism is about removing things from your life that you don't need so you clear space for the things, people and experiences that you love. You can apply minimalist principles to all sorts of things in your life like possessions, commitments, media and even relationships!

➔ [Luemo members can read more about minimalism](#)

## Feel good strategies

At Luemo we like these daily strategies to feel good. Why don't you try to work these into your routine...?

### ✔ Gratitude practice

When we think about all the great things we do have, we stop obsessing over the things we don't have.

### ✔ Mindfulness in nature

In the sun, feet on grass, breathing, looking at springtime flowers and allowing ourselves to completely immerse ourselves in this lovely stuff for a few minutes. Ignore the crazy world for a while.

### ✔ Warm bath

A soak, some quiet, a candle, a fragrance. Just 10 minutes is wonderful.

### ✔ Play with our pooch

Some humans are just plain rude, puppies on the other hand are all love!

### ✔ Give

A smile, a coffee, a hug, a compliment.



**Has your workplace tapped into Luemo's new "How to have Supportive Conversations" video training yet? Everyone can build skills and confidence - it's not rocket science once you know how. Get in touch now if you would like your workplace onboard.**