

Rebirth of Health

Laura Perino, MRC, PCC

There comes a time in all our lives where committing to a healthier lifestyle is warranted. The truth is, at any age it is a good idea to reevaluate how you are treating yourself from time to time. Spring seems to be time we do our greatest cleaning out of what we stored up over the winter. We take a good look at our surroundings, but not enough at ourselves. What if spring cleaning involved cleaning out our minds and giving us a fresh start? We may be a lot happier. The following list provides some suggestions on how you can get started on your journey to feeling better, once the weather breaks:

- Choose a “quiet place” to reflect daily (decorate it in relaxing colors and comforting arrangements- flowers, chocolates, a good book...)
- Adopt a healthy eating plan, not a diet- one that is reflective of the food guide pyramid and even allows for splurges here and there
- Get outside and breath in the fresh spring air- take a walk or speed it up to a jog
- Get into an exercise routine
- Stop and smell the flowers
- Spend time with a child or an animal- studies show that it lowers your blood pressure
- Take a nap
- Clean out the clutter around you
- Open your drapes and let the sunshine in

The number one thing to do is not to multi task anymore- it is the surest way to stress out and will leave you feeling empty and overwhelmed. Clean out your closet- clean out your mind....Simplify....

He saved us not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving new birth and new life through the Holy Spirit.

Titus 3 vs 5



Tips to Organize

A few handy items that can help Organize your life...

A garbage can. Reduce before organizing. Toss anything that's not absolutely needed, and you won't have a need to organize. It's liberating, too!

A landing strip near your front door. It's for unloading your stuff as you come in, so it stays organized, and so you don't forget it as you leave the house.

A habit list. In addition to your to-do list, your habit list keeps your action list from becoming overwhelmed by the every-day things.

A stack of 3x5 index cards. It can have many useful applications; keep context-based to-do lists, your project list, notes. Very modifiable, portable, fast, easy to use.

Spring Renewal *Jill M. Fox, M.D.*

Spring, the time of renewal and fresh beginnings. You can experience limitless peace, and refurbish your soul. Why not use this season to refresh, replenish and restore your faith? Here are a few ideas to get you started.

1. Praise Music. Put on a CD that really speaks to your soul. Turn up the volume and sing along. Let the words register and resonate with your spirit. Music can reach deep parts of us in a way few other things can.

2. List the Positives. In this busy, hectic world, it's so easy to focus only on the negatives in life. Even in this volatile time, we have so much to be thankful for. Do you have your health, food to feed your family, a car to get around? Don't forget to list your creativity, intelligence, empathy or other traits that have nothing to do with money.



3. Volunteer. There are so many opportunities to feed your soul. From serving at a homeless shelter to volunteering at your place of worship. When you give your time from the heart, you are the beneficiary of incredible peace. I challenge you to try it!

4. Spiritual Retreat. Is there a spiritual retreat you really want to attend? Check with your church, minister, or the internet. Women of Faith, Joyce Myers, and Promise Keepers are a few incredible organizations that have retreats. Make plans to go, and don't be surprised if you come back transformed.

5. Read a Life Changing Book. There are several great books that invite spiritual, and character growth. "Crazy Love", "Search for Significance", and "A Purpose Driven Life" are a few to get started on if you have not read them. (They all come in an audio version for those of you too busy to read.)

6. Turn off the TV. Pick one day per week where the TV is off limits. Spend the time reconnecting with your family. Play games, take walks, and just enjoy the smiles and interaction. Your kids don't want more stuff; they want more time with you.

7. Develop a Hobby. Have you always wanted to develop your wood working skills? What about sewing, knitting, scrapbooking or biking. Put some time in your schedule for these activities. You will be surprised how much better you feel afterwards.



8. Love Relationship. Do you remember your first love? Remember how enamored you were. You could not wait to see, hear from, or just think about that person. That's the kind of relationship God wants to have with you. Spend time with God in his word, praying and just experiencing him.

9. Get a Mentor. If it's hard to experience God, ask a more mature Christian if they will be your mentor. A mentor should be the same sex, and have a relationship with God like you want to develop. Plan to meet with them weekly for 3-6 months, to help you grow in your faith.

10. Celebrate Life. Pick a day during the month or week to pamper and refresh your soul. Many people do this on Sunday. Take that bubble bath, soak your feet, or take a walk and see how many bird sounds you hear.

