



# ***MARCH* into Spring!**

*A Season of Rejuvenation  
and Hope*

For free and confidential counseling, contact your local  
ESPP Representative or CDR's:

***Hourly***-Carelton Behavioral Health: 800-227-9622

***Salaried***-Lyra Health: 877-207-9822



# Spring brings a sense of potential

The seasonal change from Winter to Spring often brings about feelings of *hope* and *fresh starts*.

Spring brings:

- a sense of *revitalization*
- a sense of *possibility*
- a sense of *optimism*

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## Spring reminds us that:

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- No matter how difficult the past may have been, the future holds new opportunities.
- We have a chance to reflect on the progress we've made.
- We can envision the possibilities for the months ahead.

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Spring Reminds Us:  
There's an End for  
Every Trial

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WELCOME  
SPRING

**A promise of  
NEW  
BEGINNINGS!**

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- Like planting seeds, Spring allows us to plant new goals and ambitions.
- “Spring resolutions” can help us focus on growth and transformation.

Whether it’s taking up a new hobby, or improving health, Spring inspires us to take the first steps.

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Wellbeing

# Ways to *March* into Spring

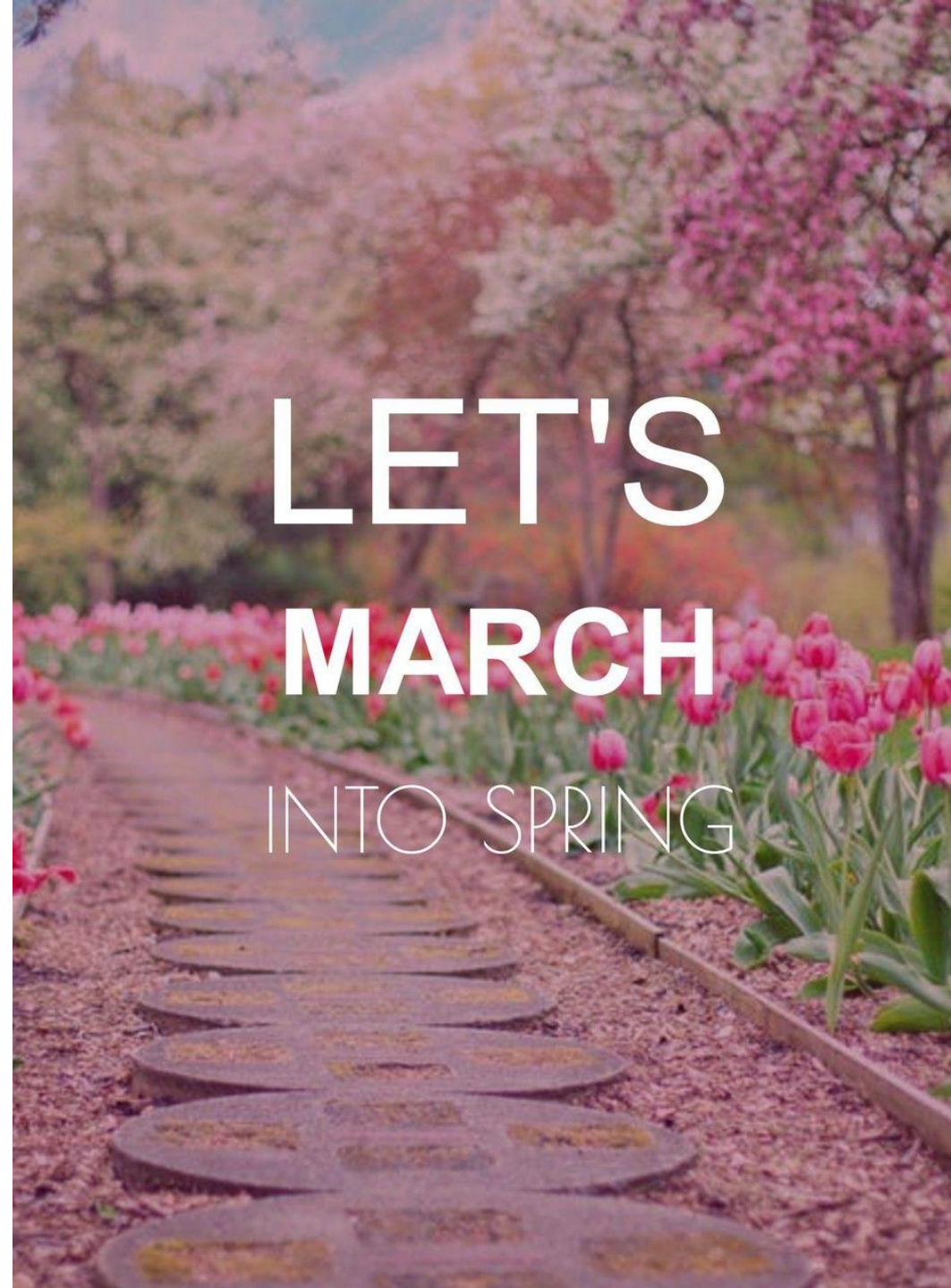
- ***Reprioritize your sleep:*** Recommit to a reasonable bedtime and put your phone away.
- ***Change up your physical space:*** Rearrange furniture or try a different hairstyle. It can get you out of a rut.
- ***Reconnect socially:*** Enjoy stress relief and laughter with friends.

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LET'S  
MARCH  
INTO SPRING



Wellbeing

# Ways to *March* into Spring

- **Get outdoors - consider growing a plant:** Gets you access to more sunlight and can be a great form of physical movement.
- **Make a new creative goal:** Try your hand at doing something interesting or fun.
- **Choose healthy alternatives:** Try a mocktail or spaghetti squash.

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