

# GROWING WELLNESS



## Self Care and Emotional Wellness

Spring is just around the corner, and there's no better time to embrace a fresh start! As the days get longer and flowers begin to bloom, it's the perfect opportunity to reset, recharge, and rejuvenate.

We encourage you to make self-care a priority. Consider the following if you aren't sure where to start:

- mindfulness practices
- self-compassion
- finding moments of joy in your daily routine



## Live Well, Work Well

The March edition of Live Well, Work Well is here to help you get ready for Spring! From Spring cleaning to Spring break, checkout how you can best prepare to savor the warmer weather.

## National Monthly Awareness

March is National Nutrition Month. Healthier eating starts with nutritional choices, including plenty of fruits, vegetables, whole grains, and protein. Try adding nutritional choices to the things you already enjoy rather than focusing on taking away "bad" foods. The goal is balance, not perfection.