



## Monthly Wellness Newsletter | March 2018

### Come On, Get Happy

The month of March can be a stressful time to stay well. Fluctuating weather patterns can put a damper on plans, short days can make nap time more attractive than gym time, and cold temperatures may negatively affect your mood. After months of winter weather and limited sunlight, many of us struggle to stay healthy and happy as we transition into spring.

While we wait for April showers to begin so May flowers will bloom, there are a few ways we can boost our moods and build a happier lifestyle. Incorporate some of the ideas below to end spring on the right foot: with a positive mindset and a happier outlook.

#### Do Good, Feel Good

Looking for a reason to smile? Try spreading some joy by volunteering. Studies have shown that people who volunteer are more likely to be happier than those who don't dedicate time to help others. The mood boost that comes from volunteering can even outweigh the happiness you feel when you receive a paycheck or get a compliment. This great feeling is due to the increased empathy you may experience when helping others, allowing you to feel good about yourself and all that you have. Increasing your feelings of empathy and purpose can dramatically increase the way in which you see the world around you, promoting a positive outlook and improving daily satisfaction.

#### Focus on the Good Stuff

Helen Keller advised others to, "Keep your face to the sunshine and you cannot see a shadow." Her advice can be put into practice with small actions each day, helping you to focus on the positive aspects of life.

If you struggle to focus on the good moments, try creating a Positivity Journal. Use this journal to write down at least three positive things that happened to you each day. Be sure to use details to remind yourself of how each made you feel. Your journal will help you to become more mindful and grateful for the “good stuff.”

### Get Moving

When you are feeling blue, one of the best ways to improve your mood is to get moving. Exercise releases endorphins, feel-good hormones that naturally improve your mood. When you need a pick-me-up, go outside for a walk or do a short workout indoors. The more you move, the more endorphins your body releases, so exercise is a great way to manage sadness or stressful times.

### Tap into a Spiritual Outlet

Religion and spiritual beliefs can act as a support system in difficult times. Whether you belong to a religious congregation, take part in spiritual rituals, or practice meditation, connecting with your spirituality can offer peace of mind and an improved outlook on life. Next time you feel down, say a prayer, meditate, or strike a yoga pose to readjust your mood.

### Snack on Brain-Healthy Foods

It is common knowledge that eating well can boost your physical health, but healthy eating is also important for your mental wellness and

mood. Making small adjustments to meals such as reducing sugar and increasing vegetables, and omega-3 fatty acids can give your brain the boost it needs to function well. Ultimately, while sugar, caffeine, or alcohol may seem appealing when you are down, the best ingestible solution is a meal filled with vegetables and lean proteins.

### Shed Some Light on Your Day

As Spring draws closer, the days will begin to lengthen and sunshine will be much more plentiful. This time change can offer great benefits to those struggling with generalized depression and sadness as bright-light therapy has been shown to reduce symptoms of depression over time. As natural sunlight also triggers the body's production of Vitamin D, spending time in the sun can boost both your mood and your brain's overall function. While precautions such as wearing sunglasses and sunscreen should always be taken into consideration, soaking up the sun can offer you a natural mood booster in only a few moments time.

Whether you are trying to stay cheerful during the cold winter months, or are struggling to focus on the positive moments throughout your day, these tips can guide you toward a happier lifestyle with little effort!

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For more information or advice about improving your mood  
or to reach a Wellness Expert, contact eni by calling:

**1.800.327.2255**