



Well-being Wednesdays

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Clocks going forwards signals the end of Winter and the beginning of Spring.

The changing of the seasons and the start of the warmer months is generally associated with growth, rebirth and a frenzy of flowers finally breaking through the thawing soil.



Spring festivals such as Holi prompt family get-togethers, and warmer weather makes the outdoors more appealing and outings more frequent.

With more daylight, people have more energy and sleep a little.



A bit of science now - serotonin increases in our body when it's sunny, and with more of the happiness hormone in our blood, our moods improve.

However, Springtime and the warmer weather doesn't suit everyone, people can become body conscious at this time of year as well as struggle to commit to social events and can become quite reclusive. Be mindful that SAD, Seasonal Affective Disorder, doesn't just automatically disappear once those clocks go forward. If you know of someone who is suffering with this, encourage sitting in the garden with a cuppa or even a little walk out, every little helps.

Take care and stay safe
Mrs B



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