

Spring



- Spring has been described as the season of hope. The days are getting longer and we generally feel more energised. On average in the UK, there are 102 hours of sunshine in March – and 148 in April - compared with only 41 in December, and our bodies are programmed to be more active when it's light.
- Everything in the natural world is coming to life again. We may see parallels in our own lives as we emerge from hibernation and make plans for spending more time outdoors, socialising more and being more active.
- What helps you flourish? How can you lean into Spring to lift your spirits and put the bounce back in your step?

'Spring is the time of plans and projects.'

Leo Tolstoy

