

# Late Winter/Spring Self Care Cheat sheet

## Late Winter/Spring Self Care Focus:

**Lighten up** - Counter the heaviness of the end of the winter season by lightening up! Turn up the light in your food, your activities, and even your clothes (great time for light and bright colors to reflect or create a sense of lightness and clarity in your attitude).

**Clear out** - Spring cleaning is a powerful way to signal to the world (and yourself) that you're creating a capacity for new things to come into your life.

**Express yourself** - Spring is a time to let yourself go! It's a great time to connect with nature and the people you love, to feel and speak your truth, and be a sounding board for the people in your life. Holding back our feelings, desires, and emotions is a recipe for congestion, dullness, and depression. So express yourself unapologetically this season in order to thrive!

**Warm and dry** - If you find yourself feeling a little cold and wet, don't worry, it's just the season. Balance that heaviness by staying and eating warm and dry.

---

## *Late Winter/Spring Self Care should include...*

Self expression (journalling,  
talking w/friends)  
Singing, Laughing, Dancing  
Avoiding over indulging  
Meditation  
Exercise - running, hiking, vinyasa  
yoga  
Dry saunas  
Decluttering  
Cleansing  
Chyawanprash  
Forgiveness