



Ascension

Ascension WI EAP

Spring: Nature's Way of Renewing Our Senses and Rejuvenating Our Soul

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Have you ever noticed how the things we dread by the end of fall are the things that bring us delight at the first sign of spring? Instead of begrudgingly tackling yardwork, we're eager to get outside, even if that means raking, seeding, or pulling out the lawn furniture. Similarly, have you noticed how 40 degrees in spring feels heavenly, yet when 40 degrees hits in fall, we begin to question how we will ever survive winter?

Mindful Awareness

The arrival of spring signifies the end of hibernation and the start of something new. It's a new season; a season of renewal, rejuvenation, regrowth, and resurrection. It's a time where we become mindful of nature without necessarily needing to "direct" ourselves to be mindful, or aware of the present moment.

Without much effort, we become mindful of the sun's warm rays on our skin; we hear the sound of birds chirping that's been absent from our ears for months; we notice buds on trees and colorful flowers in bloom; we smell meat being barbecued on the grill, fresh lawn clippings, and fresh laundry being dried.



Not only do we have a heightened awareness of our senses, we become energized by them. We find ourselves being inspired by nature. It brings us to life and gets us moving. We feel alive again, alert, and aware of the vivid world around us. So much so, that I would say spring is the time to resolve to make changes in ourselves. Perhaps with nature on



our side spring resolutions would be more successful than New Year's resolutions.

Being in the Moment

One of the basic premises of practicing mindfulness is to live in the moment. You can become mindful at any moment just by paying attention to your immediate experience. What's happening this very instant? Observe the moment. What do you see, hear, smell, feel, taste?



It doesn't matter how you feel in the moment, but rather what you feel. Notice the feeling(s), and then simply roll with it because that is what's in your present. You're not judging it or trying to fix it; you're simply noticing it as part of your experience in this moment in your life. And in this moment you are perfectly fine.

The Art of Noticing

As the snow melts and temperatures increase, I encourage you to use the start of spring to practice the art of noticing. Always notice new things in whatever situation you are in. The feel of dirt on your skin as you garden; sweat dripping from your evening run; giggles of children playing in the yard; the sensation of seasonal fruit hitting your taste buds; the earthy fragrance after a rain; frogs calling

from a nearby pond; or the billions of stars shining on a clear night.

Increasing your capacity for mindfulness contributes to a satisfied life. In a world full of distractions, being mindful makes it easier to savor the pleasures in life as they occur and helps you to become fully engaged in activities.

By focusing on the here and now, people who practice mindfulness find that they are less likely to get caught up in worries about the future (leading to anxiety) or regrets over the past (leading to depression), are less preoccupied with concerns of self-esteem, and are better able to form deeper connections with others. Bloom into your senses and step into spring!

For more information on mindfulness, or help with any kind of personal or workplace struggle, contact Ascension WI EAP. Our team of experienced counselors is here for you, and we want to help!

