

# How to spring clean your life!

**Forget about feather dusters and hoovering says Julia Jones, if you want to blossom, focus your energy on spring cleaning your life.**

Spring brings with it lighter evenings and new-found optimism. We feel refreshed and more energetic and have the sudden desire to clear out the cobwebs of the winter months.

Most of us focus this new-found energy burst on cleaning our homes - nearly every supermarket has cleaning products on offer at this time of the year for this very reason!

However to be truly energised and allow for personal growth, there are many other areas to focus on.

## **WORK - TAKE SOME TIME OUT EACH DAY**

Our working lives can sap us of energy and leave us feeling exhausted. To restore energy levels, be sure to take some moments in each working day for yourself.

If, over the winter, you have been prone to taking your lunch at your desk rather than braving the elements, now is the time to take a brief lunchtime stroll. This will allow you to get some vital fresh air and exercise, but will also give you a chance to relax and get some space from work.

## **RELATIONSHIPS - TAKE UP A NEW HOBBY**

People often assume a healthy relationship is one in which you willingly live in each others pockets. In fact, the most healthy relationships are those in which each person has time to pursue their own hobbies and interests as well as joint ones.

As the evenings get lighter and the weather gets milder, why not take an evening class in something that grabs your interest. Or if you're short of time, walking, running and balcony gardening are great ways to get outside and enjoy the milder air. If money is tight, starting up or joining a local book group could give you a chance to get out and meet new people, while renewing your interest in fiction.

## **FRIENDS - MAKE TIME TO NURTURE FRIENDSHIPS**

Friendships can often be neglected in our busy day-to-day lives, but spring is all about new growth. Allow your friendships to grow and flourish by scheduling in time to contact and see your friends on a regular basis and you will have a happier, more balanced life.

## **FAMILY - DO SOMETHING NEW TOGETHER AND HAVE FUN**

Over the winter, family life can often revolve around the television. This may entertain you all, but while you are watching, you are not able to fully communicate with one another.

One way to clear out the tv cobwebs this spring and spend quality time as a family is to find something new to enjoy together. Perhaps this could mean walking to the local library once a week to get some books, making dinner together, or going swimming or cycling - just pick something you will all enjoy and have fun!

## **HOME - CLEAR OUT THE CLUTTER AND MAKE SPACE FOR THE NEW**

Our homes often fill up with things we no longer need or use. Before we know it we are overwhelmed with clutter and don't know where to start.

The best way to get started is to aim to clear out a cupboard at a time - small bursts make it seem much more feasible and much less daunting!

Sort through the things you no longer use, wear or like and give them to charity or sell them at a car boot sale.

## **SPACE TO GROW**

Spring is all about new energy and new growth. Use it to plan for and grow in each key area of your life and you will be a happier, more balanced person all year round!

## **MORE INFORMATION**

To find out more about therapy at our First Psychology centres, or to arrange an initial session, contact your local centre:

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