

5 Easy To Do

Slow Living Tips For Spring

01

Open The Windows

Let the spring air freshen your home naturally. And stop, breathe it in deeply, and let it refresh you too.

Treat Yourself To A Bouquet Of Spring Flowers

Keep a bouquet of spring flowers in the house. Be sure they are where you see them often, so you can enjoy them.

02

03

Go On A Picnic

Pack a picnic lunch/dinner using fresh, delicious spring season foods. Take it to your favorite outdoor spot and enjoy every bite.

Change Your Daily Diet

Start bringing light spring season foods into your daily diet. Eliminate the heartier foods that you've been eating in the winter season.

04

05

Get Outside And Observe The Natural World

Rebirth is happening in the natural world. Let it inspire you to embrace rebirth in your own life.