

Grow Yourself

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Spring is so close we can almost taste it. Trees begin to bud, flowers begin to push through the ground, and hibernating animals consider venturing back out into the open air. Spring is a time of rebirth and growth.

As does mother nature, we too can shake off the chill of winter and think about how we can re-enter the world, perhaps with fresh hopes and ideas. Taking a cue from the plant life we see from our kitchen windows, maybe we can think about how we would like to emerge anew.

What habits are no longer serving you well? What new class have you wanted to try but haven't taken the next step? What friend or loved one have you been meaning to text or call, but you haven't reached out? What have you wanted to learn about, but you haven't researched yet? What craft have you wanted to do with your kids? What trip have you dreamed of taking, but never planned? How well are you taking care of yourself?

Nature is a wonderful teacher, and growth is always possible. Consider these ways of growing yourself, and see how you emerge:

Reach out to one person you haven't seen or talked with in a while.

Go for mindful walks, noticing the new growth around you.

Try a group exercise class.

Learn how to cook something new.

Plant flowers, trees, or vegetables.

Sign up for a class.

Go for a hike.

Try yoga or Pilates.

Let a child teach you something.

Try to form a deeper connection with someone you know.

Start a gratitude journal.

Volunteer somewhere.

Take a day trip to a town you've never been to.