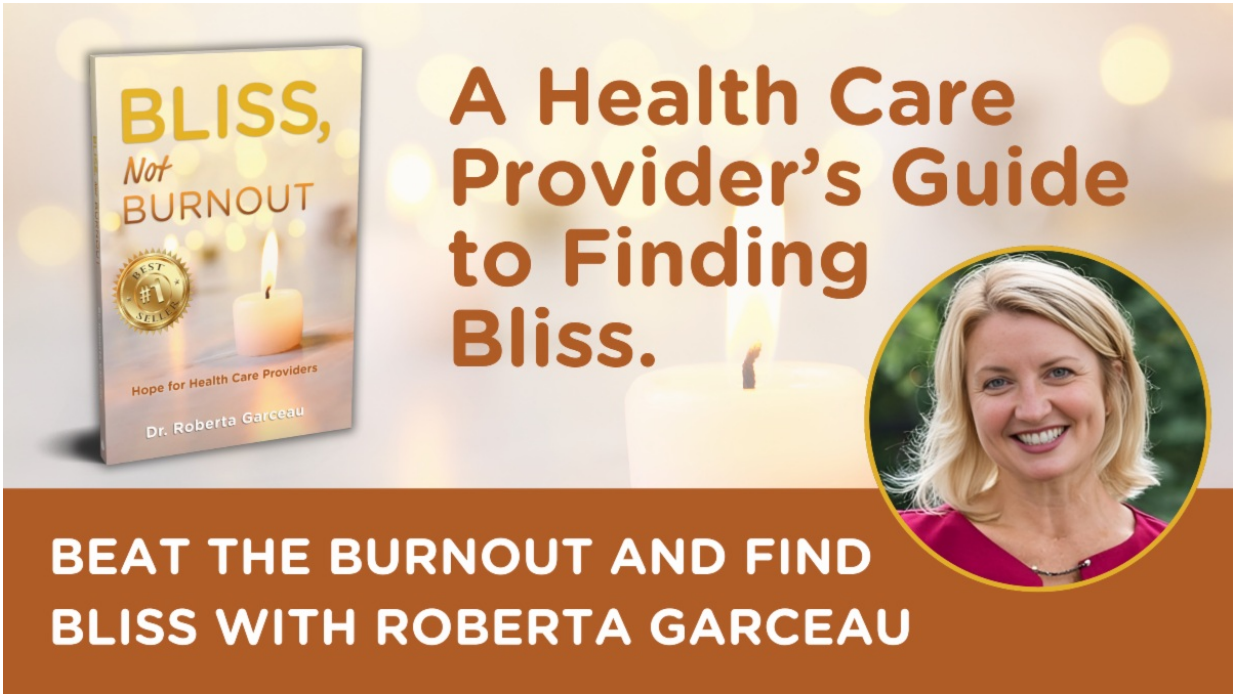

As nature blossoms into the vibrant energy of April, it's the perfect time to focus on rejuvenating yourself and springing into action! The insights from *Bliss, Not Burnout: Hope for Health Care Providers* are a reminder of the profound connection between movement/exercise, and your overall well-being. Here are some practical ways that you can explore to energize your body and mind this season.

The Power of Movement

Movement isn't just about exercise; it's a vital component of a healthy lifestyle. Here's how incorporating more movement into your day can uplift your spirits and refresh your energy:

- Boosts Mood: Physical activity releases endorphins, the body's natural mood lifters, helping to combat stress and promote a sense of well-being.
- Enhances Focus and a Clearer Mind: Have you ever noticed how a short walk can help you think through a problem? That's because moving our bodies gets the blood flowing to our brains, which helps us focus better.
- Promotes Resilience: Engaging in physical activity regularly helps develop resilience to stress, which is crucial for both mental and physical health.
- Stress Relief: Life can be stressful, but moving—even just a little—can build resilience. Each small action counts!

Embracing Exercise

Exercise is an essential part of energizing both body and mind. But if you don't like going to the gym, there are lots of other options that you might incorporate into your daily routine:

1. Find What You Love: Explore different forms of exercise, from dancing and yoga to walking and cycling, to discover what brings you joy. The key is to choose activities that you genuinely enjoy, making it easier to stay consistent. (While chapter 8 of *Bliss, Not Burnout* includes 3 different yoga classes with dozens of postures that can be practiced individually or together, chapter 3 talks about other ways to include movement as part of your physical and mental health.)
2. Set Small Goals for Small Wins: Start small. Even a 10-minute walk or a few stretches can make a difference. Celebrate those little victories—they add up!
3. Incorporate Movement into Your Day: Look for opportunities to add movement to your routine, such as taking the stairs instead of the elevator, scheduling walking meetings, or even doing some simple exercises while watching TV. It all counts!

Energizing Your Mind

In addition to physical activity, it's vital to nourish your mind. Here's how:

- Mindfulness Moments: Try taking a few minutes for mindfulness or meditation. It can be a lovely way to reset and calm your thoughts. Even a few minutes of focused breathing can increase mental clarity and foster a positive outlook. (In chapter 9, there are several mindfulness practices that can make movement more fun and meaningful.)
- Connect with Nature: Spring is a wonderful time to be outdoors! Nature has a rejuvenating effect. Spend time outside, go for a hike, or simply enjoy your local park to refresh your spirit.
- Engage in Learning: Keep your mind active by trying new hobbies, reading, or taking classes. If you feel like you're lacking ambition, you might try signing up for a group class or partnering with a friend. It's amazing how learning can spark new energy!

Taking Action This April

This month, you can commit to *spring*-ing into action with invigorating activities that boost both your physical and mental energy:

- Join a Group: Consider joining a local exercise group or class. Workouts are often more enjoyable with others!
- Daily Movement Tracker: Keep a simple log of your daily movements. Tracking progress not only motivates but also provides a sense of accomplishment. If this sounds like more work than motivation, you can consider scheduling a walk for yourself after lunchtime or following your evening meal, even if only for ten minutes. It will aid with digestion and add to your healthy movement.
- Mindful Mornings: Start each day with a morning routine that includes movement—whether through yoga, stretching, or a brisk walk—to set a positive tone for the day.

As you move forward into April, you can energize your body and mind through action and engagement. By prioritizing movement and exercise, you not only enhance your physical health but also cultivate the resilience and joy that leads to greater joy, and a bit more *Bliss*!

Wishing you an uplifting and energizing month ahead. I can't wait to hear about your spring adventures!

With love,

Roberta Garceau

PS: I understand that email inboxes can get pretty crowded. With respect and consideration for your time, I send only two emails per month. You can expect one that is mainly a check-in about goings-on and any workshops/offerings, and another (similar to this) that focuses on simple, actionable steps to enhance your health, function, self-esteem and overall well-being. You can reach me at **roberta@drrobertagarceau.com.** I look forward to your feedback

Scan the QR code below or visit **https://geni.us/BlissNotBurnout** to purchase a copy of *Bliss, Not Burnout.*