

What a Small Garden Can Do for Wellness

Spring is the perfect time to explore gardening. Gardening promotes relaxation, relieves tension, enhances mood, and improves emotional well-being.

Important in providing your body with Vitamin D to keep bone strong and help your body absorb calcium. Brain health is another benefit to gardening regularly. Research shows gardening is one of many activities that potentially prevents dementia.

Start small –

Achieve More with Micro Habits

Micro habits are tiny actions that in time form into large habits. They require minimal effort and can be as short as **a few seconds**. By repeating these small habits regularly, they can eventually lead to more significant changes in your life. The key to micro habits is starting small and being consistent.

EXAMPLES:

1. If you want to be sure you are drinking more water start with drinking a full glass of water as soon as you get up in the morning. Keep a full glass of water next to your workstation or wherever you are.
2. If you want to exercise and it seems too