



The Athena Wellness Podcast
 Episode 022 – Spring Reset Invitation
 March 24, 2021

Welcome to the Gentle Spring Reset – an invitation to prepare for the new season and give your well-being a boost. Here’s how to participate:

- Select an activity you’d like to focus on each week (you can scan the examples below for ideas).
- Chart your progress on the Weekly Activity Tracker on Page 2.
- Share your progress, pictures and observations via email (info@athenawellness.com).

We’ll check in each Wednesday and share our progress over the next four weeks, too. Have fun!

For those with capacity to add activities	For those with time constraints
<u>Body (Try new approaches)</u> <ul style="list-style-type: none"> • Explore a new eating protocol • Try a new exercise program • Experiment with energy healing • Enhance sleep quantity (hours) 	<u>Body (Focus on habits)</u> <ul style="list-style-type: none"> • Limit an eating habit/try fasting • Incorporate movement into day • Increase hydration • Enhance sleep quality (depth)
<u>Mind (Explore new activities)</u> <ul style="list-style-type: none"> • Express yourself creatively • Learn about a new topic or subject • Mingle in online groups • Play with mental agility exercises 	<u>Mind (Simplify)</u> <ul style="list-style-type: none"> • Limit external stimuli (tech, social media, TV, radio) • Simplify a process/clear a space • Plan ahead for the week or next day
<u>Spirit (Give back to community)</u> <ul style="list-style-type: none"> • Volunteer/coach/mentor • Help a neighbor • Deepen relationships with others 	<u>Spirit (Invest in self)</u> <ul style="list-style-type: none"> • Practice self-compassion • Connect with nature • Deepen relationships with self



Weekly Activity Tracker

Week #	Activity	Observation/Result
1		
2		
3		
4		