



The Athena Wellness Podcast
Episode 022 – An Invitation for a Gentle Spring Reset
March 24, 2021

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Welcome to the Athena Wellness podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robynson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

Kathy: Hello, and welcome to Episode 22. Thank you so much for joining me for this shortened Wellness Wednesday episode, a little midweek boost to help keep your warrior vibe high.

Dr. Robyn is joining me again today. Welcome back, Robyn.

00:43

Robyn: Thanks very much, Kathy. It's great to be here.

00:46

Kathy: So I do a little exercise each year, in March and in October. I love to take a fresh look at my nutrition, my exercise and my wellness protocols to see what I want to shift in the coming weeks, just a way of mindfully welcoming the new season. And this year, I invited Robyn to join me. And we thought it would be fun to include the listeners of this podcast. So we're inviting you to join us on what we're calling a Gentle Spring Reset. And for the listeners in the southern hemisphere, and all of Robyn's friends and family down under, you can easily turn this into a Gentle Autumn Reset.

So here's how it works. The invitation will unfold over the next four weeks. And to get started, just think about one small action you'd like to take to get ready for the change of season related to



mind, body or spirit. Something manageable but meaningful, something to get you moving forward on your wellness journey, something that will have impact for you.

You can choose what you want to focus on. It can be four different smaller activities that will change each week. It can be two larger activities you try for two weeks each. Or if you'd like to work on one big activity over the four week period, you could do that too. Whatever makes sense for you.

I created a two page PDF that has examples as well as a place for you to track your progress. And I'll put a link to that PDF in the show notes so you can have a look.

Robyn and I will be sharing our progress each Wednesday for the next four weeks. And we're starting with our first activity today. So Robyn, what will you be focusing on for this week's activity?

02:39

Robyn: Oh, thanks, Kathy. You know, I'm very mindful that this is going out and other people are hearing this so I have to choose something I really can come through on. I spend my life trying to simplify it and make space. So I'm going to use the PDF section of simplify for mind and attack my office because it's tax time and I have to sort my papers anyway. And I need to create some more space in my filing cabinets which are jammed full of papers. So that's what I'm going to do, I'm going to clear space in my office and make room for more to come into my life.

03:23

Kathy: Love it, I love it. And yes, by saying it out loud, suddenly, see it's working already! I love it!

03:32

Kathy: Okay, for me, I'm actually selecting something off of the PDF as well. And mine is about limiting external stimuli. And the reason why I chose it is because for the next few weeks, I'm going to be in a deep creative mode. I'm working on a new Athena Wellness offering. It's a writing circle that's launching next month. And so I know that I'm in a much more creative headspace if my early morning routine does not include checking email or news which can easily become a habit. It's something I need to watch. So I am committing to reading and writing to begin my day and not checking my email or the news until I've exercised.



And I'm also going to put a little plus in there with something else that I'm doing because it's going to be Spring on the 20th. So this will air on the 24th. But on the 20th we go into a new season and on that day I am going to put my Fitbit back on and do a little baseline tracking. I feel like the winter was a little bit more sedentary than I'd like and I want to see where I'm at. I'm still exercising in the mornings, but I want to make sure that I get out and walk and when I have that on my wrist for some reason, it keeps me accountable. So I'm going to commit to putting it back on - I haven't worn it since we went into autumn, so it's a new habit.

05:04

Robyn: That's great.

05:06

Kathy: Okay, Robyn, so we're going to be checking in with you for the next few weeks and see not only how you did but what you've learned and I'll be doing the same.

05:17

Robyn: Thank you for the accountability.

05:19

Kathy: Excellent. And since this podcast is all about stories that inspire we want to hear from you, our listeners as well. How are you using this invitation to boost your wellness? We'd love to hear your inspirational story. Did you encourage your friends to do it with you? Please share your progress, your pictures, your observations and your results via email to info at www.AthenaWellness.com/podcast.

We hope you have fun with this Gentle Reset and we can't wait to hear your stories. Thanks so much, Robyn. We'll check in with you next week.

05:53

Robyn: Thanks Kathy. I hope I've got something good to report.

05:57

Kathy: I know you will. I know you will. Thanks everybody. Bye.



Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

If you'd like to access the show notes, download the Gentle Spring Reset PDF or would like a transcript of this episode, visit www.AthenaWellness.com/podcast.

Until next time, be well!