

# SPRING

SEASONAL SELF CARE GUIDE + WORKBOOK



An 18 page  
printable  
workbook  
you can use  
today!

[VITALITAHEALTHANDFITNESS.COM](https://vitalitahealthandfitness.com)



## A NOTE FROM THE AUTHOR

*Welcome to Spring*

Spring is an inspiring period of change and growth.

After the stillness and dormancy of Winter, we're craving expansion and vitality. Taking our cues from nature, we begin to unfurl and bloom. But I urge you to pace yourself. Resist the urge to rush as you emerge from hibernation.

**Nature makes it look easy but for us humans, the process of transformation can be difficult and frustrating.**

The lifestyle choices and mindfulness practices included in this guide will help you:

- develop a Spring self care routine
- manage the seasonal transition with ease
- reacquaint yourself with the lighter, fresher, more spontaneous energy of Spring
- release stagnant energy and anything that isn't serving you, in readiness for the growth and transformation ahead.

If you commit to the practices provided, I promise you will truly flourish this Spring!

*Georgina xx*

GEORGINA SIDDALL  
Co-Founder Vitalita Health & Fitness

# Lifestyle tips

## Blossom this Spring with Yoga + Ayurveda



### Declutter your space

Throwing away or donating the things you no longer need to create a spacious and harmonious home or work space is cathartic. But keep it manageable by focusing on *one* area at a time.



### Morning routine

Start the day with intention. Whatever you choose - meditation, morning pages, a quiet cup of tea in the sun - keep it simple.



### Nourish to flourish

Say goodbye to heavy, slow-cooked comfort foods. Now is the time to add more greens to your plate and slowly reintroduce raw food and cold drinks.



### Embrace backbends

Backbends expand your heart and release tension in the upper body. Notice how much easier it is to breathe afterwards!



### Get your blood pumping

Move your body with greater frequency and intensity to heat give your circulatory and respiratory systems a much needed boost.

## *Let's start by setting an intention*

Living your life with intention is one of the most powerful things you can do but what on earth does that mean?

First of all, intentions aren't to be confused with goals.

Goals, which focus on specific, measurable outcomes, are important. They help us understand what we want to do or achieve, create a plan and stay on track to get it done. But, because goals tend to be the product of analysis and strategic planning, they can be dry and uninspiring.

Intentions are powerful because they come from your heart not your head. A statement of your highest values, an intention acts as a reminder of who you want to be, how you want to show up, and what you want to contribute to the world. Setting an intention will help take your goals to the next level!

Rather than living on autopilot or blindly following the herd, living with intention, is about making decisions mindfully and in accordance with your core values and beliefs.

Now it's your turn.

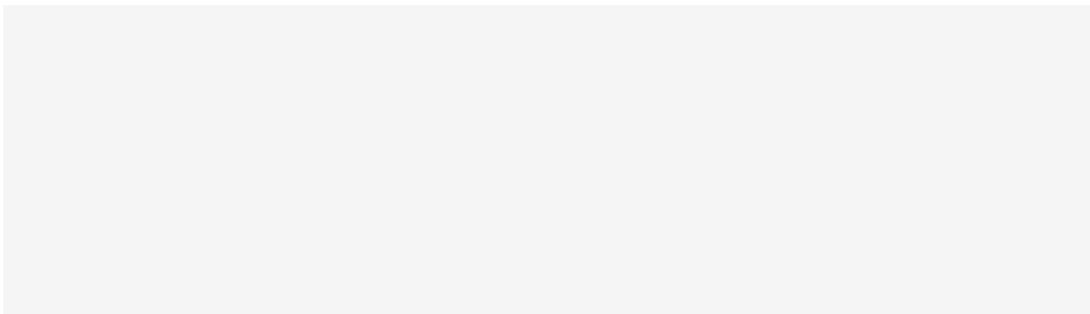
**Make yourself a cup of tea and take this opportunity to tune into the energy of the season using the worksheet on the next page.**



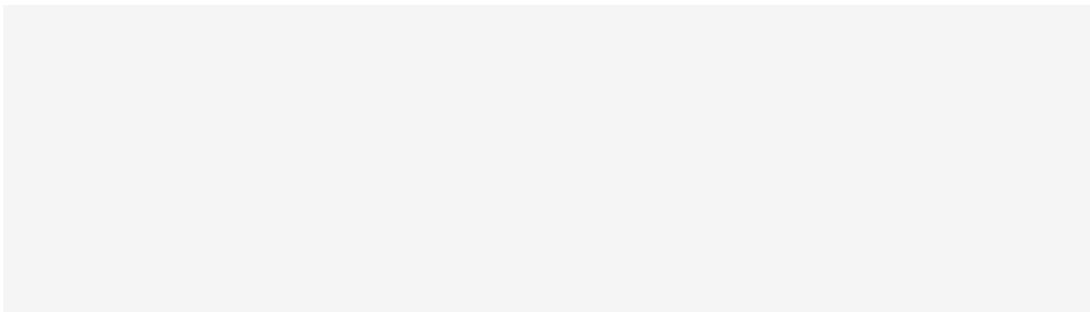
# WORKSHEET 1

SET YOUR INTENTION

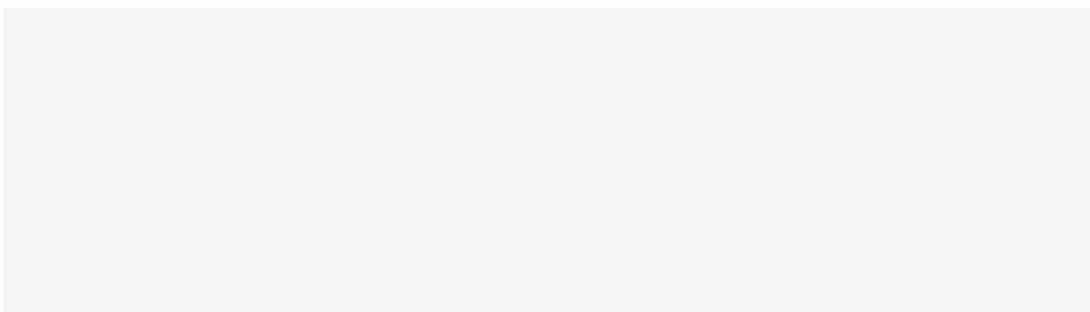
**QUESTION #1:** How do you feel as Spring approaches? Is there a feeling of excitement or anticipation or excitement about new beginnings?



**QUESTION #2:** What tiny buds of life are appearing from your winter dreams? What will your life will look like once you have grown or manifested the things you desire?



**QUESTION #3:** What, if anything, is holding you back? Are there areas of your physicality or your life that you turned away from during Winter? Where is there tension or stagnant energy in your body or mind? What stories from the past or projections about the future are playing on a mental loop?



**QUESTION #4:** What does flexibility mean to you? Where in your life could you do with a little more flexibility to adapt to a changing situation?

**QUESTION #5:** How would you like to make the most of this season? What might need to change to make that happen? List these actions below.

Looking over the thoughts, ideas and feelings you jotted down, is there a word or phrase which stands out? Is there a feeling or quality you'd like to cultivate or embody as you move into this next phase?

Remember, an intention is formed in your heart not your head. You may find it helpful to close your eyes and sit for a moment, allowing the words to swirl around inside your being.

**Is there a feeling, quality or way of being which stands out?**

**What are you being called to explore, understand or let go of?**

Try not to think too hard. Simply notice what arises, without judgement or analysis. Don't worry if it doesn't make sense. When you get quiet and listen, you will discover exactly what you need.

Now, write your own intention below. Keep it simple and, for maximum impact, write it in the present tense. For example:

*In this season of Spring, I am growing and evolving every day.  
When I am guided from within, life unfolds effortlessly for me.*

*Just like a flower grows, life unfolds from within. The flower, like life, opens up and continues to expand outwards and keeps expanding and growing.*

*All growth comes from within.*

*When you centre yourself and align with who you really are on the inside, you allow yourself to be energised from that place and you allow everything that feels like that to flow through you, out and into your environment. You will allow the path that you are seeking to reveal and unveil itself before you.*

*Life unfolds effortlessly from you and for you. If you allow it.*

*Allow yourself to blossom, to bloom in all areas of your life*

ANON

## AN AYURVEDIC PERSPECTIVE

According to Ayurveda, an ancient life science with Hindu roots – there are three primary doshas, or energies. Each individual is governed by a primary dosha, as is each season.



**This period of transition is associated with kapha dosha.**

On one hand, kapha's earthiness provides stability and security. On the other, too much earth and water can lead to stagnation, congestion, sluggishness.

At this time of year, common complaints include:

- physical and mental lethargy
- constipation or sluggish digestion
- excess mucous and nasal congestion
- hayfever and sinus issues
- cold, clammy skin
- feeling stuck in a rut.

# MOVE WITH RENEWED ENERGY + VITALITY

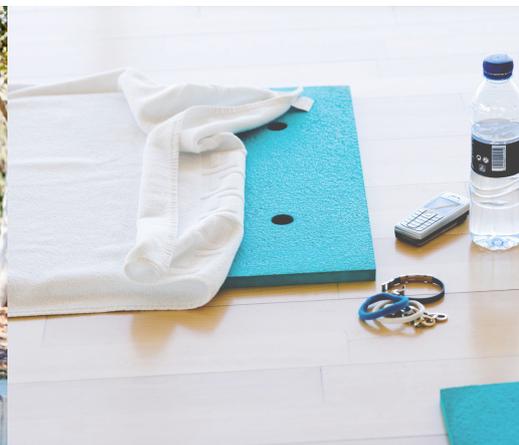
With the surge of yang energy, we are eager to feel renewed and re-energised. When it comes to exercise, it's tempting to go all out but I encourage you to gradually build momentum and intensity.

After the more sedentary season of Winter, it's time to rise and Shine! Set the tone for your day by waking early and heading outside to move your body. Whether it's a short run, a brisk walk or some jumping jacks, go do it! Getting your blood pumping will:

- warm your body and increase your heart rate
- increase your lung capacity
- give you more energy to do the things you need and want to do
- stimulate endorphins, making you feel on top of the world
- help clear your mind for greater productivity and focus all day.

Observe how it feels to challenge your body and tap into this feeling whenever you need motivation to exercise.

As you begin to move more, you may also notice areas of physical tension, tightness or reduced flexibility. Now is the time to address those concerns using tools such as yoga, Pilates, foam rolling, infrared sauna and remedial massage.



## SPRING CLEAN YOUR SPACE

While Winter is a time of quiet contemplation, Spring has an expansive quality, a sense of birth and renewal. It is a time for action; a time to till the metaphorical soil in readiness for growth and transformation.

Let's use this time to clean and declutter, starting with your physical space.

### **Create a sanctuary**

Our surroundings impact how we feel and function. Whether it's a tiny studio, a campervan or a spacious family abode, your home should feel like a sanctuary.

*A sanctuary is a place of safety where you can completely relax + be yourself.*

*A sanctuary is a home for the soul.*

Denise Linn

As author and speaker Rachael Hollis says, "your space is a physical manifestation of what is going on in your head and heart" and, if your home is dusty, dreary and disorganised, it may actually be draining your energy and vitality, and impeding personal growth.



First things first, throw open your windows! Let the Spring breeze in and the stale air out.

Second, choose one area of your home to thoroughly clean and declutter.

**Basic hygiene aside, clutter prevents you from seeing what matters...** literally. It creates guilt, hinders your ability to take action and keeps you from doing the things you love and value. No thanks!

Start by assessing your space objectively. Be sure to turn off the television and silence your phone to limit distractions.

## *Mini home meditation*

Adapted from Apartment Therapy's *January Cure*, this mini meditation will help you see your space in a fresh light.

Grab a cup of tea and sit somewhere you don't usually sit so you can see the room from a different perspective. Spend at least 10 minutes looking around. Really look, as if you were a friend or relative seeing the room for the first time. Engage your other senses too.

Ask yourself:

- how does the air smell?
- how is the room lit?
- how does my seat feel?
- what might the room look like with nothing in it?
- how does this space make me feel?
- how do I want to feel when I am in this space?

Now, consider:

- Are there items you could remove permanently? As a rule of thumb, if you don't love it, it hasn't been used recently or you're keeping it out of a sense of obligation it's time to pass it on.
- Does the space meet your needs? How could it be more practical and organised?
- How could you make the space feel more inviting?

There are plenty of simple, inexpensive ways to change the look and feel of a room, such as rearranging the furniture, painting or updating accessories. Here are some additional suggestions to amp up the good vibes.

### **Bring the outdoors in**

Infuse your home with Spring energy by bringing nature into your home.

Indoor plants help purify the air, flowers provide colour, and other natural elements such as water features, sisal or coir carpet, salt lamps, stone and wooden furniture create harmony and enhance your connection to nature.

### **Use aromatherapy and music to create ambiance**

Essential oils not only smell good, they also stimulate an emotional response. Try diffusing rosemary, clary sage, eucalyptus, pine or fir to cleanse the energy of your space; lavender and bergamot to invoke a sense of peace and relaxation; orange and tangerine to ignite a sense of joy.

Similarly, music sparks emotion and can be used to create a particular vibe in your home. Try out a variety of genres to see how each affects your environment and mood.

### **Ritual and ceremony**

Many ancient and indigenous cultures use rituals to prepare sacred spaces, invite in blessings and deter evil spirits. Rituals often incorporate instruments such as gongs, drums and rattles; mantra and prayers; incense and burning herbs such as sage and palo santo; salt. Remnants of these ancient ceremonies and practices have been passed down through the generations.

You too can conduct rituals to bless your home and call in the energy of light, healing and harmony.

When you create a space that is clean, organised and beautiful (to you), energy flows freely and you'll be amazed at how joyful, free and light-hearted you feel!

# SPRING CLEAN YOUR MIND

Now you've tidied up your physical space, here are a couple of practices to help you unscramble your brain and create internal order.

## Morning pages

This stream of consciousness writing exercise popularised by Julia Cameron in *The Artists Way* is a practice I've found immensely helpful during periods of high stress, depression and anxiety.

Before you do anything or talk to anyone in the morning, sit and write three pages by hand. Don't think about what to write, don't worry if it's legible or grammatically correct. Just let the thoughts and emotions flow through you onto the paper.

If you don't know what to write, write that: "I don't know what to write"...over and over and over.

Whatever you do, don't re-read it or start to analyse it. When you're done, you're done. It doesn't have to mean anything.

## Bedtime braindump

If you've got something on your mind you can't let go of, it's time to dump it. Without censoring yourself, get everything out of your head onto paper. Give yourself permission to go for it and don't stop until you feel completely emptied out.

You don't need to do anything with the ideas. This process isn't about making your worries or concerns go away in an instant. Rather, it's about:

- creating space between you and your thoughts so you can see them more objectively
- releasing unexpressed thoughts and emotions in a safe, healthy way
- freeing up space in your mind for what is necessary and important
- reducing your mental / cognitive load.



I like to do this before bed and again in the middle of the night if I find myself tossing and turning. Writing everything out gives my brain a break and I am usually able to fall back to sleep.

Revisit your braindump the next morning and decide which items need to be actioned. Depending on how you like to work, transfer these items to your to-do list, project management software or diary.

If there is anything left over that has some merit but isn't a priority, create a parking lot (a whiteboard, notebook or notes app on your phone).

# NOURISH TO FLOURISH

Next on the agenda is nutrition. Now, you might think I'm going to suggest a juice cleanse but you don't need to detox your body because your internal organs do the job perfectly well.

## **But, you gotta nourish to flourish!**

At this time of year, it's fairly natural to experience reduced appetite for heavy, hearty meals. Gravitating towards a diet of healthy whole foods, fruit and vegetables is your body's way of counterbalancing sluggishness caused by kapha dosha.

Opt for lighter, easy-to-digest foods such as:

- light, broth-style soups with legumes
- light, cooked grains such as barley, quinoa, rice and buckwheat
- fermented and sprouted foods, such as miso and kimchi
- steamed or lightly sautéed leafy and bitter greens
- pungent vegetables like onions, parsnips cooked with plenty of ginger and garlic
- zesty and astringent fruits like Granny Smith Apples, grapefruit and lemons
- herbal teas.

If you want to reintroduce smoothies, try drinking them at room temperature. Trust me, it's not as bad as you think!

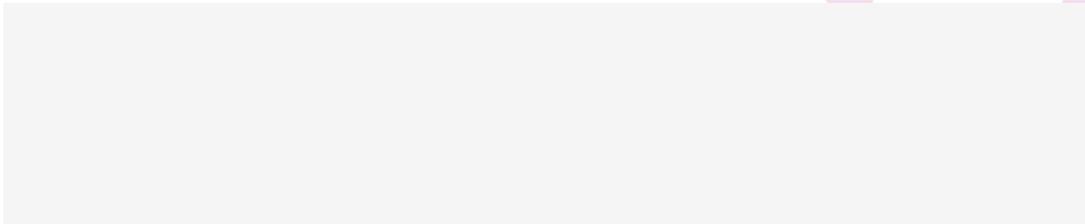


# WORKSHEET 2

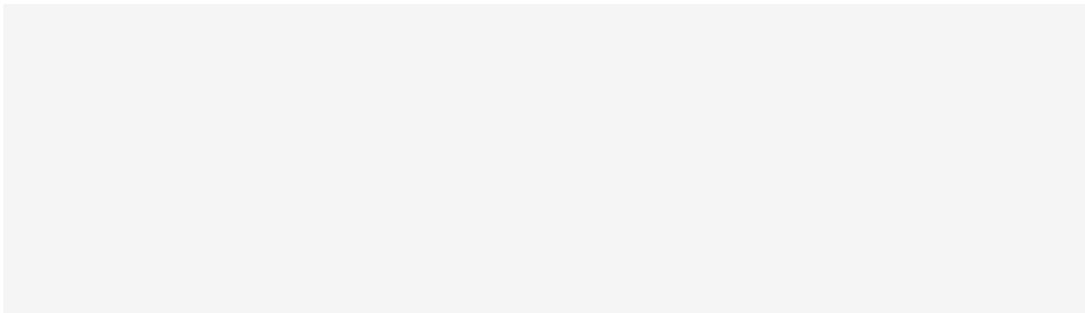
SEASON IN REVIEW

**As Spring draws to a close, think back over the last three months.**

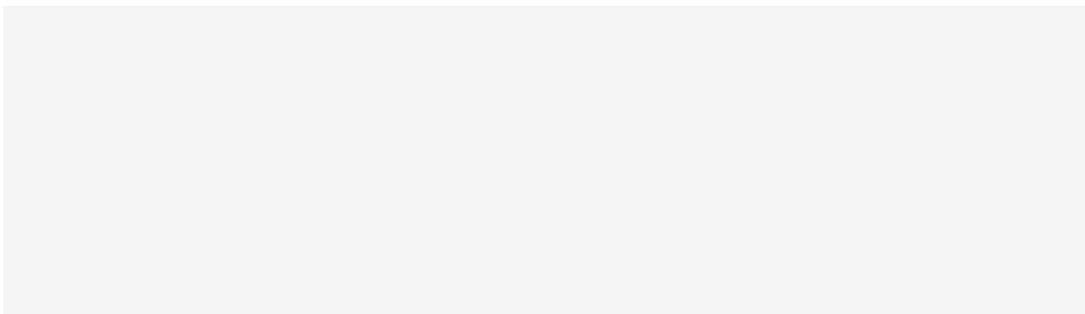
**QUESTION #1:** What have you learnt about your needs, desires and preferences during this season?



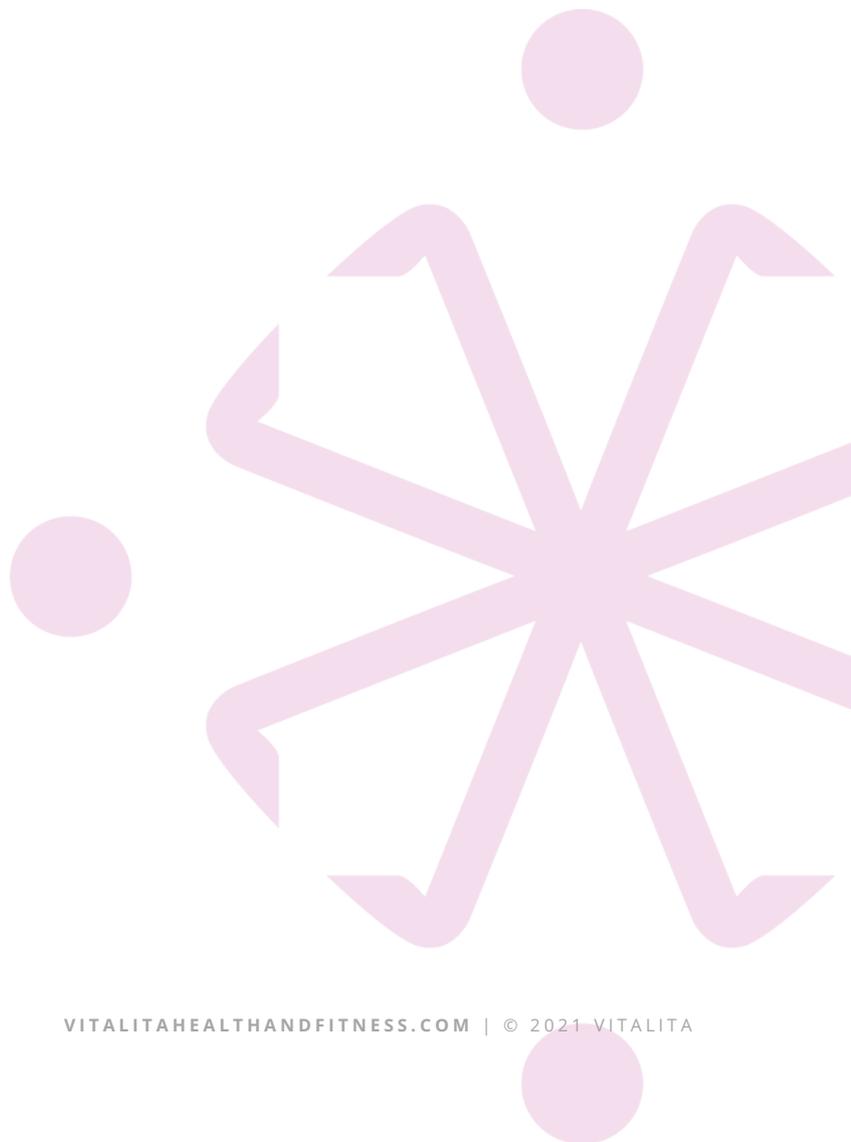
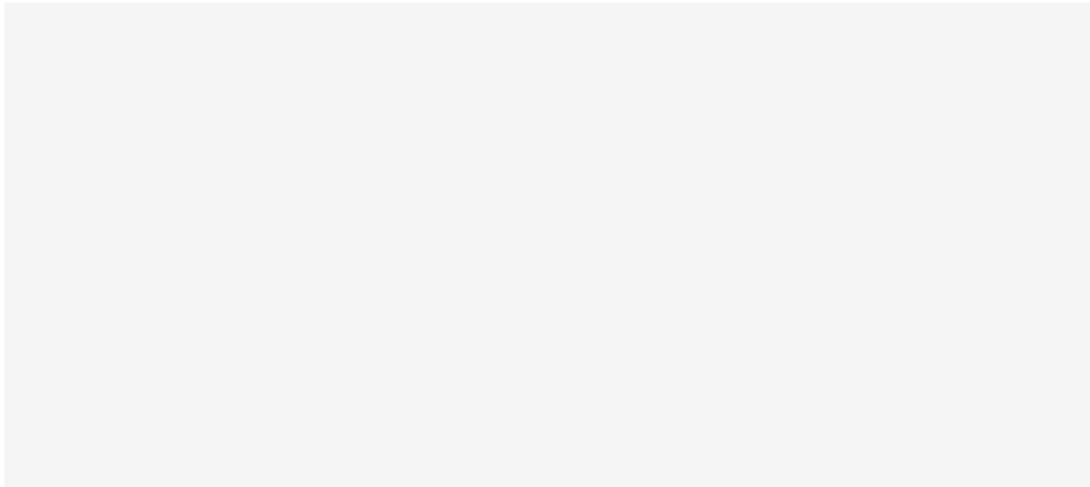
**QUESTION #2:** What self care practices did you find most useful? How did they improve your life?



**QUESTION #3:** What are you grateful for? Why?



**QUESTION #4:** Is there a new project, dream or goal that you have been biding your time in starting? What is holding you back? What's one thing you might do to start yourself on the path?





## MEET THE AUTHOR

### GEORGINA SIDDALL

Having experienced physical burnout, anxiety and depression, Georgina understands that exhaustion is not a badge of honour.

She knows that life can be different and is committed to helping busy women create lives brimming with vitality.

Drawing on her experience as a Women's Life and Wellness Coach, and teacher of mindful movement and meditation, Georgina created these seasonal guides to help you slow down and rediscover physical, mental and emotional ease.

### HAVE QUESTIONS?

Email [georgina@vitalitahealthandfitness.com](mailto:georgina@vitalitahealthandfitness.com)

*There is such dignity in what  
you are going through.  
Life has called you to the  
deepest kind of trust in your  
own experience.*

JEFF FOSTER



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