

Hope in Spring

COVID 19 has not gone away – BUT

- Vaccination continues at an incredible rate
- The days are longer
- The mornings are brighter
- The children are back to school
- Hope is returning

Time in nature is such a great tonic for us. The grey days of winter are behind us, and spring is smiling (sometimes with sun, sometimes a cold wind).

In Somerset, many of us are fortunate enough to be able to see trees, parks, landscapes and grass on a daily basis, even in lockdown. Of course key workers often travel as well, so have to 'commute'. The great privilege of commuting in Somerset is our rurality – and even our towns are full of beauty, whether Taunton's Garden of Vivary Park, or many hundreds and thousands of gardens where we enjoy our favourite flowers and plants.

If you are stuck inside, please do use your exercise time to go outside as the weather allows. Not just to move your muscles and change scene, but to be outside, under the sky, blue or cloudy, noticing the green shoots of nature, and the emerging buds, blossom and flowers. To notice, to enjoy, to release the tension we have all accumulated over a long winter.

It is such a joy to see the children return to school. If you are a parent who has been home schooling, thank you for all you have done in such a difficult time, especially when you have been juggling work with running a household as well as keeping the family going. Keeping everyone's morale high is a challenge when we are tired or overburdened, when the weather seems grey all the time, and the days dark.

So welcome Spring, welcome nature, and thank you for reminding us that the weather is not the sky. Whatever the surface weather, above the clouds the sky is always blue, and the sun shines to lift us, as Somerset Psychiatrist Dr Rani Bora reminds us in "Dealing with uncomfortable thoughts and feelings" The insights in this booklet are deceptively simple, yet deeply profound for our health and wellbeing. Why not have a read? It will take between five and ten minutes at most

<https://somersetwlc.co.uk/wp-content/uploads/2019/09/Dealing-with-Uncomfortable-Thoughts-Feelings-Booklet.pdf>

The metaphor of the blue sky and the weather reminds us that who we are at a deep level is our true nature (blue sky, always there above the clouds). This true self, this innate wellbeing, is not affected by transient experiences and thoughts (surface emotional weather which includes clouds, storms and rain)

Connection with nature touches something deep in the human soul, brings inner stillness and upliftment.

Go Well, and Smile as often as Spring allows!

Dr Andrew Tresidder 15.3.21