

Wellbeing Spring Journal Design

In your Creative Journal, why not have a go at creating this lovely design to remind you that spring is just around the corner. Spring is a hopeful season as it brings transformation and change: from darkness to light, from cold to warmth, from grey to bursts of colour.

Make time to restore your Wellbeing by creating beautiful artwork in fresh, joyful colours or go for a walk and take in the blue skies and look for the spring flowers that are starting to appear. Nurture your garden and plant some flowers or vegetables or simply reflect on everything you are thankful for and write a gratitude list. Use this time to set yourself a new challenge, feel inspired, try something new, and embrace the beautiful season that is upon us.

