

What a Small Garden Can Do for Wellness



Spring is the perfect time to explore gardening. Gardening promotes relaxation, relieves tension, enhances mood, and improves emotional well-being. Working the soil gives you a sense of connection to the world around you. You see progress as a garden grows and feel that sense of accomplishment. Everyone knows exercise is good for you, but gardening strikes a perfect balance that's easy for people of all ages. You get to breathe in fresh air, and you're exposed to

sunlight that stimulates Vitamin D in your body. Exposure to sunlight a few times a week is important in providing your body with Vitamin D to keep bone strong and help your body absorb calcium. Brain health is another benefit to gardening regularly. Research shows gardening is one of many activities that potentially prevents dementia.

Start small – you can do container gardening if you don't have a yard.

If you have a yard, clear a small area, and choose just one or two vegetables or flowers to begin with.

See the links below for more information. Happy Growing!

Resources: [Benefits of Gardening](#), [Container Gardening](#), [Gardening for Beginners](#)

Understanding Self-Motivation and Self-Discipline for Enhanced Success

Self-motivation is the inner drive to achieve a goal without relying on external factors. Self-discipline is what makes things happen. Self-motivation is easier to come by than self-discipline. You may know this already if you didn't stick to your New Year's resolution.

Self-motivation is basically wanting to change or do something to achieve a specific goal. This is usually because of one's own interest or enthusiasm without pressure from someone else.

Self-discipline is the ability to push forward with actions to achieve a goal. This discipline includes consistently resisting distractions, frequently delaying gratification, and adhering to routines or plans, even in the face of challenges. Building the actions into a daily routine pulls you along with less reliance on willpower to act.

Steps to improve self-discipline:

- Decide on and visualize a goal
- Divide the goal into small tasks
- Divide the small tasks into even smaller tasks
- Fit the tasks into time slots of an existing daily routine
- Reward your successes, big and small

Reference: For more detailed ways to work on self-discipline see [Self-Discipline](#)

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Achieve More with Micro Habits

Micro habits are tiny actions that in time form into large habits. They require minimal effort and can be as short as **a few seconds**. By repeating these small habits regularly, they can eventually lead to more significant changes in your life. The key to micro habits is starting small and being consistent.

EXAMPLES:

1. If you want to be sure you are drinking more water start with drinking a full glass of water as soon as you get up in the morning. Keep a full glass of water next to your workstation or wherever you are.
2. If you want to exercise and it seems too daunting, get up and walk for 5 minutes every hour. Increase the time slowly and you are on your way!
3. You would like to be more organized but don't know where to start, pick one task such as clean out a junk drawer. Start by dumping the contents in a box. Take 5 minutes a day to pull out what needs to be tossed or kept someplace else. You will find it is satisfying and will likely complete the clean out quicker than you thought you would! Apply this concept to other organizational needs.

You are on your way to your goal already! Check out this NPR 12-minute podcast: [Tiny Habits](#)

Avoid Relationship Troubles Over Money

Financial stress is common. The best advice is open honest communication from the start. If your relationship is not new you can work to improve communication and collaborate on your goals.

Practical tips:

- Communicate openly and honestly about financial goals and spending habits. Do not have secrets or hide information. This will undermine your essential trust in each other in all things.
- Set specific, achievable financial goals together. Start small (see the blog on Micro habits from last week!) [Tiny Habits](#)
- Few things will cause more stress than debt. Create a budget and stick to it. This may take sacrifice, however, will lead to rewards.
- Have a monthly "date" to discuss finances to keep on the same page.

For more information check out: [Financially Successful Couple](#)

Counseling for Stress Management?

You may want to consider seeking support when you experience persistent, overwhelming stress that you feel interferes with your daily functioning. Physical symptoms of stress such as headaches, gastrointestinal issues, or consistent sleep problems are also indicators that it is time to seek support. When stress is unmanageable, it will also negatively affect your relationships with your family, friends, and colleagues.

Based on the signs mentioned above, it may be beneficial to reach out to the Employee Assistance Program (EAP) or seek additional support and resources. Doing so can provide you with the necessary help and tools, including lifelong skills, to better manage stress both now and in the future.

Resource: [UR Medicine EAP](#)