

On Emerging
Burlington Boho, May 2016

The Merriam-Webster definition of emerging reads: newly created or noticed and growing in strength or popularity; becoming widely known or established. I see the meat of this phrase to lie in the “newly created.” That’s where the excitement is; that’s where the change begins. If you look around outside, you’ll notice that change is everywhere. Fresh buds are blooming and the earth seems to come alive again. Most of us Vermonters tend to feel a little happier too. There’s a lightness that happens as we put away our winter blankets and find our Birkenstocks and think about picnics at North Beach & biking to the causeway. We yearn for this during Winter and eagerly anticipate picnics at the Waterfront and eating outside on Church Street.

In honor of celebrating this emerging season of rebirth, I challenging us to embrace our own emerging. What are you wanting to bring forth this Spring? Is it feeling more connected to your loved ones or to yourself? Discovering a career that really ignites you? Moving more? To me, emerging means becoming more of who we really are. And while not every day is rainbows and glitter, I think being in the process of emerging is a powerful place to be.

Emerging and change can also be a scary time. I have often wanted to run away from it. I have wanted to push it away or simply ignore it. However, that doesn’t really help. It will just come back. And force us to make a change, comfortable or not. If you’re ready to embrace this season of emerging, here are some wellness suggestions to help you do so:

1. **Eat seasonal foods!** Connecting with the plants and veggies growing around us are a great practice to feeling more grounded. Look for fresh asparagus (so great in omelets!), garlic scapes, dandelions, beets, & green tea. Enjoy the Farmer’s Market & be open to trying new local foods.
2. **Get moving.** There are so many amazing Yoga, fitness, Pilates, & spinning studios in our sweet city. Try a new class in honor of this new season. Walk a little faster, get on your bike, and get to Mt. Philo. Spring is a time when things change and grow vigorously; harness that energy!
3. **Spring Clean your house.** Now is the time to get rid of clutter. Donate clothes that you don’t wear, get rid of old food or even dishes you don’t use. Physical clutter leads to mental clutter as it bombards the mind with excessive stimuli, which forces the brain to work overtime. It also signals to the brain that there’s always something else that needs to be done, which is mentally exhausting. As you de-clutter your physical space you’ll discover that your mind is also de-cluttered.
4. **Find new creative outlets.** This is such a great time to get those creative juices going. Try a painting class or an acting class. Take pictures of those amazing sunsets at the Waterfront. The link between creativity and better mental and physical health is well established by research. Creating helps make people happier, less anxious, more resilient and better equipped to problem-solve in the face of hardship.
5. **Remember to be gentle with yourself.** Give yourself permission to really feel what you’re feeling during life’s changes. Be patient with ourselves & try writing in a journal. It’s scary to break out of our comfort seasons & it’s so important to be compassionate with ourselves. Remind yourself that you’re doing great.

I hope you have a wonderful season of emerging & I look forward to seeing you outside!