



Finally Spring

By Dr. Linda Hancock

ABOUT THE AUTHOR

Dr. Hancock has written a regular weekly column entitled “All Psyched Up” for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of “Life is An Adventure...every step of the way” and “Open for Business Success” is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email office@drlindahancock.com

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The past few weeks I have taken great joy in the fact that I can open my bedroom window and patio door! There's nothing like the wonderful breeze that floats into my condo bringing with it the change of seasons.

I hear the chirping of baby birds and the sound of boats attempting their first journey on the river. The soft voices and laughter of individuals who are out for a walk float into the room.

Someone is creating an amazing smell on their barbecue and I try to guess who the chef is and what is the menu.

I notice that the sun is warmer and very welcoming, coaxing me out to my lounge chair so I can soak it up. The newest blades of grass are being trimmed by a master artist who maneuvers his mower in an interesting pattern.

And through all of this, I think of the things that I am going to change in my micro world. First of all, I know that I will replace winter gloves, coats, sweaters and socks with other wardrobe choices. Light dresses and flip flops in bright colours appear.

Then I think about how to dress up my tiny balcony. Wash the barbeque, bring out the patio cushions and think about what plants and colours will grace the pots this year.

This is a great time to think about how much easier it will be to get around without having to depend on snow brushes, and winter boots. Previewing weather conditions are suddenly unnecessary and a trip by vehicle can begin without delay. In fact, grabbing keys is the only pre-requisite for a good walk-in nature.

There is a lightness about spring. Sunlight, clothing, new beginnings

It is no wonder people talk about having a spring in your step or feeling spring in your heart.

This year seemed like a long, cold season that was haunted by pandemic restrictions and more isolation than most of us wanted.

But winter has passed and now we can enjoy the fact that we made it.

It's finally spring! What are you doing to do to welcome it?

Let's start with an emotional celebration!