

THE PULSE

WELLBEING NEWS IN A MINUTE

THIS MONTH'S FOCUS:

SPRING CLEANING



BENEFITS OF CLEANING YOUR SPACE

The benefits of decluttering on your physical and mental space:

- Reduces allergens
- Improves productivity
- Reduces stress
- Increases focus
- Saves you time

READS & SOUNDBITES



Reads:

- Outer Order, Inner Calm by Gretchen Rubin

Soundbites:

- Watch Tidying Up with Marie Kondo, Netflix

SPRING CLEAN YOUR HEALTH

- Stay hydrated
- Eat fruits and vegetables that are in season
- Soak up the sun with protection
- Improve sleeping habits

