

Your Health

 Health Partners

APRIL 2026 NEWSLETTER

Body Mind & Home

A FRESH START
FOR YOUR HEALTH
AND WELLBEING
THIS SPRING



A person is sitting on a light-colored mat on the floor, wearing a light pink t-shirt and dark shorts. They are in a bright, airy room with large green plants, including a prominent Monstera leaf in the foreground. The background shows a white wall and a white slatted bench. The overall atmosphere is clean, fresh, and natural.

Spring Cleaning for the Body, Mind and Home



Improve Your Mental Wellbeing

Spring presents the perfect opportunity to clear out mental cobwebs and create space for positivity and balance. With longer days and brighter skies, this season of renewal is the perfect time to focus on your mental health and emotional wellbeing. Here are a few ways to boost your mindset this season.

▶ **Embrace the Outdoors**

Spring is a season of renewal and spending time in nature can work wonders for your mental health. Exposure to natural light increases serotonin levels, which can improve your mood and help reduce feelings of anxiety or depression. It also helps us to absorb vitamin D through our skin which is good for our bone, teeth and muscle health. Take a walk in a nearby park or simply enjoy your morning coffee outside.

▶ **Declutter Your Mind with Mindfulness**

Just as you declutter your home, take time to declutter your mind. Practising mindfulness or meditation can help you feel more present and reduce mental clutter. Apps like Headspace or Calm can guide you through simple, daily exercises. You could designate a place in your home that is purely for relaxation and mindfulness – whether it's a cosy nook for reading, a yoga mat in your bedroom, or a corner with a comfy chair and a candle, having a dedicated space for self-care can help you re-set and recharge.

▶ **Set Positive Intentions**

Spring is a great time to reset your goals and priorities. Reflect on what truly brings you joy and make it a point to focus on those things. Journalling your thoughts can help you gain clarity and track your progress.

Spring Social Reset

Social connections are important for emotional and mental wellbeing, as positive relationships can reduce stress, and improve mood. There is some evidence linking good quality social connections to lower blood pressure and better immune system function and therefore impact on physical health as well. Use spring as an opportunity to reconnect with trusted friends and family, whether through in-person meet ups, phone calls or virtual gatherings.

At the same time, it's important to identify relationships that may be negatively impacting your wellbeing. Contacts that regularly result in or encourage emotional distress can contribute to low self-esteem and poor mental health. Setting boundaries or stepping back from these connections may be a positive choice in the medium to longer term.

You could also consider a digital spring clean by unfollowing social media accounts that negatively affect your mental health and setting limits on screen time to create space for more meaningful, real-life interactions.



Simple Swaps for a Healthier Environment

Spring cleaning isn't just about tidying up; it's also an opportunity to create a more sustainable environment for yourself and your loved ones by making small, intentional changes.

- ▶ **Be Aware of the Contents of Your Household Products**
Review how you use and dispose of cleaning products to assess the impact on your own and environmental health. There are many eco-friendly alternatives to traditional products, or you could even make your own! For example, a mix of white vinegar, water and a few drops of essential oil can work wonders as a multi-surface cleaner.
- ▶ **Use Less Plastic**
Reduce your plastic usage by swapping single-use items for reusable alternatives, such as stainless-steel water bottles, beeswax wraps and cloth shopping bags. This not only reduces waste but also minimises your exposure to harmful chemicals like BPA (an industrial chemical used to make polycarbonate plastics and epoxy resins, commonly found in food containers, water bottles and metal can linings).
- ▶ **Rethink Your Personal Care Products**
Many personal care products, like shampoos, deodorants and skincare, contain unnecessary chemicals and synthetic fragrances. Opt for natural, eco-friendly alternatives that are free from harmful ingredients and look for products with sustainable packaging.
- ▶ **Improve Indoor Air Quality**
The best form of ventilation is to open your windows to let in fresh air. There are HEPA (High-Efficiency Particulate Air) filter air purifiers available, which can reduce circulation of indoor pollutants in your home, for example animal dander or small particulates from fires.
- ▶ **Declutter and Donate**
Go through your belongings and identify items you no longer need or use. Donate clothing, books or household items to local charities. A clutter-free home can reduce stress and create a more peaceful environment.
- ▶ **Be Mindful of What You Bring Home**
When shopping, try to choose household items made from sustainable materials, such as bamboo, organic cotton or recycled goods, which are likely to be better for the environment.



Resetting Your Health and Wellbeing

Spring is the perfect time to focus on nurturing your body. After all, a healthy body is the foundation for a long and energetic life. Here's how you can give your body the care it deserves this season.

▶ Embrace Seasonal Eating

Spring brings an abundance of fresh fruits and vegetables, such as asparagus, strawberries and peas. Incorporate these nutrient-rich foods into your meals to support your body's natural detoxification processes and support your immune system.

▶ Hydrate and Replenish

Staying hydrated is vital for overall health. Aim to drink 6-8 glasses of water daily, adjusting for your activity level and climate. To make hydration more enjoyable, you could try infusing water with fresh ingredients like lemon, cucumber or mint. These can add flavour and provide extra nutrients, such as vitamin C from lemon or potassium from cucumber.

▶ Prioritise Rest and Recovery

With the longer daylight hours, it's tempting to pack in as much as possible but don't neglect rest. Aim for 7-9 hours of quality sleep each night and consider adding relaxation practices like stretching or gentle yoga to your routine.

▶ Try a Gentle Detox

You can support your body's natural detoxification processes by maintaining a healthy lifestyle. Your liver, kidneys and digestive system work to remove toxins and waste products efficiently, so focus on reducing your intake of processed foods, added sugars and alcohol, which can place extra strain on these systems.

▶ Tackle Seasonal Allergies

Spring brings blooming flowers and blossoming trees but with this comes an increase in pollen, which can trigger seasonal allergies like hay fever and rhinitis. If you're prone to symptoms such as sneezing, itchy eyes or a runny nose consult your GP or pharmacist for advice on suitable over-the-counter remedies. Peak pollen levels are now advised in routine weather forecasting, so you can plan your indoor and outdoor activity accordingly.



A person wearing a dark t-shirt and blue jeans is riding a white bicycle on a gravel path. The path is surrounded by a field of tall yellow and purple flowers. The background is a bright, sunny day with a clear blue sky and green foliage. The person is leaning forward, pedaling the bike.

As you move through your spring-cleaning journey, remember to celebrate small wins along the way – whether it’s a spotless kitchen counter, a new sustainable habit or simply a more peaceful state of mind.

Healthy Easter Treats

For lots of people, Easter is a time for celebration, family gatherings and of course, delicious treats! But with all the chocolate eggs, hot cross buns and sugar-filled goodies, it can be challenging to stay on track with healthy eating. The good news? If you are watching your sugar intake, you don't need to miss out on the fun or the flavour. With a few simple swaps and wholesome ingredients, you can whip up some tasty, healthier Easter treats that everyone will love.



Dark Chocolate & Almond Butter Easter Eggs

Who says Easter eggs can't be healthy? These homemade delights are a good alternative with some natural ingredients and less refined sugar than traditional offerings.



Ingredients:

- ▶ 200g dark chocolate (70% cocoa or higher)
- ▶ 4 tbsp almond butter (or your favourite nut butter)
- ▶ 1 tbsp honey or maple syrup (optional)

Method:

1. Melt the dark chocolate in a heatproof bowl over a pan of simmering water.
2. Spoon a small amount of the melted chocolate into silicone egg moulds, coating the sides evenly. Place in the freezer for 10 minutes to set.
3. Mix the almond butter with honey or maple syrup (if desired) and spoon a small amount into the centre of each mould.
4. Cover with more melted chocolate to seal the eggs. Freeze for an additional 20 minutes.
5. Pop the eggs out of the moulds and enjoy!

Carrot Cake Energy Bites

These bite-sized treats are full of fibre and natural sweetness. Perfect for snacking or sharing!

Ingredients:

- ▶ 1 cup grated carrot
- ▶ 1 cup rolled oats
- ▶ ½ cup medjool dates (pitted)
- ▶ ½ cup walnuts or almonds
- ▶ 1 tsp cinnamon
- ▶ ½ tsp nutmeg
- ▶ 1 tbsp chia seeds (optional)

Method:

1. Blend the oats, walnuts/almonds, and spices in a food processor until finely chopped.
2. Add the grated carrot, dates, and chia seeds, blending until the mixture comes together.
3. Roll the mixture into small balls and refrigerate for at least 30 minutes to firm up.
4. Store in the fridge and enjoy as a quick, healthy snack!

Avocado Chocolate Mousse

This rich and creamy dessert is secretly healthy – packed with good fats and a dose of antioxidants.

Ingredients:

- ▶ 2 ripe avocados
- ▶ ¼ cup cocoa powder
- ▶ ¼ cup honey or maple syrup
- ▶ 1 tsp vanilla extract
- ▶ A pinch of sea salt
- ▶ Optional toppings: fresh berries, coconut flakes or crushed nuts

Method:

1. Blend the avocados, cocoa powder, honey, vanilla extract and sea salt in a food processor until smooth and creamy.
2. Spoon into ramekins or small bowls.
3. Chill in the fridge for 1-2 hours before serving.
4. Top with your favourite toppings and enjoy!





Resources

- ▶ [How we can use spring to boost our mental health | Mental Health UK](#)
- ▶ [7 ways to look after your mental health this spring | Vitality](#)
- ▶ [Spring into wellbeing: How to refresh your mental health routine | Able Futures Mental Health Support Service](#)
- ▶ [Spring wellness tips | Healthy Minds](#)
- ▶ [Nine ways to spring clean your mind and body | Benenden Health](#)
- ▶ [Spring detox: 8 essential tips to cleanse your body | Blog organic Kazidomi](#)
- ▶ [10 healthy Easter snacks and treats | Good Food](#)

Our Services

At Health Partners we deliver workplace health services. In this article we discuss physical wellbeing and mental health, two of the many services we offer our clients and their employees.

Find out more about our full range of services and how businesses can harness them, on our website: www.healthpartnersgroup.com

NEXT ISSUE

May 2026

*Mental Health Awareness Week,
Hearing Loss &
Accessible Travel*

