

# Spring Wellness



Westminster  
Presbyterian Church

## BODY - MIND - SPIRIT

"Beloved, I wish above all things that you may prosper and be in health, even as your soul prospers." 3 John 1:2

APRIL 2024

Sponsored by the Mental Health & Addiction Committee

## RESOURCES

### Mental Health or Emotional Crisis

Free crisis counseling. All calls are confidential and may be anonymous.

- Phone: 610-918-2100
- Crisis Text Line: 741741

### Crisis Intervention Hotline for Teens

- Talk: 855-852-TEEN (8336)
- Text: 484-362-9515

### Alcoholics Anonymous

Have a problem with alcohol? There is a solution. | [www.aa.org](http://www.aa.org)

### Al-Anon

Help and hope for families and friends of alcoholics. | [www.al-anon.org](http://www.al-anon.org)

### Narcotics Anonymous

Struggling with addiction? [www.na.org](http://www.na.org)

### "Morning Joe"

A parent support group  
7:30am Tuesdays at WPC  
Contact: [deidrefred@gmail.com](mailto:deidrefred@gmail.com)

### Celebrate Recovery

Helping people find freedom from hurts, habits and hang-ups.  
Thursday from 7:00-9pm  
Contact: [westminsterprescr@gmail.com](mailto:westminsterprescr@gmail.com)

### Stephen Ministry

A Stephen Minister 'walks with' their care receiver in a 1-1 caring, confidential relationship, providing emotional and spiritual support. Contact Ann Hatfield [ahatfield@westminsterpc.org](mailto:ahatfield@westminsterpc.org)

There is hope. If you or someone you know needs support now, call or text 988 or chat [988lifeline.org](http://988lifeline.org)



### Westminster Presbyterian Church

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West Chester, PA 19382  
Phone: 610-399-3377  
[info@westminsterpc.org](mailto:info@westminsterpc.org)  
[www.westminsterpc.org](http://www.westminsterpc.org)

## Time to Bloom! Springtime Wellness

Even if an increased likelihood of suffering from Seasonal Affective Disorder during the winter months is in your genes, how and when you choose to come out of that funk in the springtime is largely in your control—and that's a great feeling! Like a shy crocus peeking out from under the snow, being proactive takes courage, but the benefits are pure sunshine. No matter what the weather's doing, it's time to shake off the winter blues, turn your face toward the sunshine, and rejuvenate yourself. Here are some springtime wellness tips you'll love .

- **Spring into a Healthier Diet:** Springtime wellness begins from the inside and works its way out. So spring-clean your body by cutting out heavier winter comfort foods and adding more fresh fruits and vegetables back into your diet. *Grow some Lettuce!*
- **Sprout a New Hobby:** Spring is a time for moving forward and experiencing renewal. So add freshness to your life by trying something completely new. *Revive an orchid or watch spring birds!*
- **Blossom in the Great Outdoors:** Winter stagnation is hard on even the happiest person—it can make you unproductive, irritable, and even depressed. A never-fail springtime wellness tip is to recharge your psychological batteries in the great outdoors. Being in nature improves your attention span, boosts serotonin and increased brain activity. Joining a *Westminster Stepping Stones hike*.
- **Consciously Cultivate a More Positive Mindset:** Negative thoughts are draining, but if you recognize that you're having one, you can consciously choose to change it. Switch out "I can't" for "I can" for a week and see how you feel. The chemicals produced by the body in response to positive thoughts are more likely to support you as you spring into the new season. *Try the "Prayer to Stop Worrying"*.

-Excerpt from DDC Blog

## HOW GARDENING HELPS YOUR MENTAL HEALTH

**Natural sunlight exposure** raises levels of vitamin D and can lead to better sleep.

**Improved mood and reduced stress** from the environment of greenery, flowers or water: focusing on the details help push away negative thoughts.

**Encouraged social interaction** within community gardening.

**Improved attention span** by devoting full attention to a gardening project rather than our devices.

**Boosted self-esteem** from accomplishments of growing something from the ground up.

@BCBSMICHIGAN

## Spring Wellness Fair

Sunday, May 5  
10am - 12pm  
Spellman Hall

Save The Date

# Lemony Asparagus Risotto

This recipe is light and creamy and perfect for spring! A tasty vegetarian meal, or beautiful base for seafood (salmon, halibut, sea bass, shrimp, or scallops).

## Ingredients

- 1 bunch asparagus
- 1 large leek (or white onion, diced)
- 4 tablespoons olive oil, divided
- 4 garlic cloves, rough chopped
- 1 cup arborio rice
- 1/4 cup white wine, optional- or skip it
- 3 1/2- 4 cups hot veggie broth
- 1/2 cup basil leaves (or sub part Parsley)
- 1 lemon, zest and some juice to taste
- 1/2 teaspoon salt, more to taste
- 1/4 teaspoon pepper



## Full Instructions Here:

[www.feastingathome.com/lemony-asparagus-risotto/](http://www.feastingathome.com/lemony-asparagus-risotto/)

Prep 15 minutes, Cook Time: 30 minutes

**A Prayer to Stop Worrying**

Almighty and loving God, fill me with your peace. For I am prone to worry, anxiety threatens to steal my peace. The world around me can be frightening, my situation perilous. The storms and trials in my life overwhelming. Yet, I know you are more than all of this. Fill me with your peace which passes all understanding. Help me to pray first, and worry less. Remind me that you will fight for me and I don't need to worry or be anxious about anything. For you are mighty and all-powerful, and in you I can find peace and strength. All this I pray through your loving Son, Jesus Christ, Amen.

# SPRING INTO SOMETHING NEW

## Growing Lettuce in Pots: Four Easy Tips

- Start with high-quality lettuce seeds
- Choose a container with good drainage (stainless steel, wood, terra cotta or fabric grow bags).
- Use organic potting soil
- Get water to the roots rather than the leaves, and be sure not to let it dry out between watering.



## Indoor Plants

Did you get an orchid at Easter? Better yet, buy one up on sale!

Follow these simple tips and you'll see it rebloom again in no time! **More info here:** <https://bit.ly/orchidcareguide>

## How to Grow and Care for Orchids Indoors

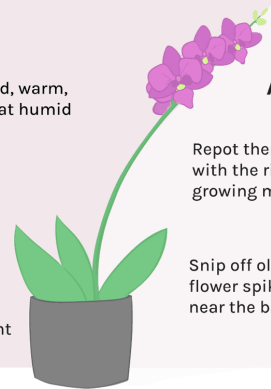
### In Bloom

- Provide a mild, warm, and somewhat humid environment
- Orchids need very little water
- Do not put in direct sunlight

### After Bloom

Repot them with the right growing medium

Snip off old flower spikes near the base



## Cultivate Mindfulness: Watch for birds!

Visit these live cams for more amazing birds!

<https://www.allaboutbirds.org/cams/all-cams/>

Backyard Birds Pennsylvania



Bird Advisors

Red-winged Blackbird <input type="checkbox"/>	Blue Jay <input type="checkbox"/>	Red-bellied Woodpecker <input type="checkbox"/>	Song Sparrow <input type="checkbox"/>	American Robin <input type="checkbox"/>
Downy Woodpecker <input type="checkbox"/>	American Crow <input type="checkbox"/>	Mourning Dove <input type="checkbox"/>	Gray Catbird <input type="checkbox"/>	House Sparrow <input type="checkbox"/>

Common Backyard birds throughout the year

[www.birdadvisors.com](http://www.birdadvisors.com)