

Welcoming a little spring



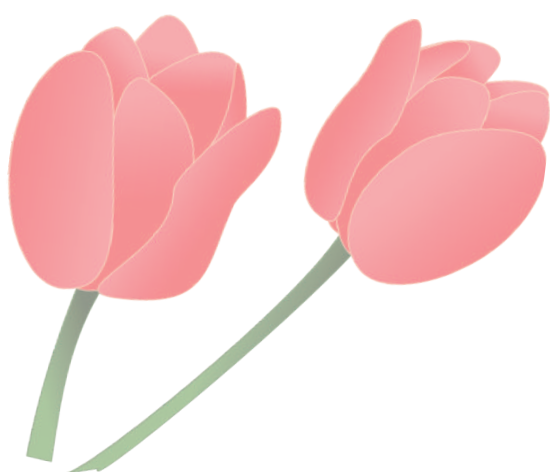
Spring officially starts on March 20. With only a few weeks to prepare, here are some ways to combat the end of winter and welcome in the (hopefully) sunny weather.

Add some flowers to your everyday life.

This could come in the form of a window garden or just flowers from Meijer. No matter where you get them, flowers are a great way to add color into your life and remind you that warmth is coming.

Eat more fruit.

Next time you go to the store, grab some bananas or raspberries. Introducing more color and fresh options to your diet can go a long way.



Create a spring playlist.

Music is a big mood-lifter. Ask around, and find out some of your friends' favorite upbeat songs. If you are stuck and need a starting place, follow The Anchor's Spotify for a compilation of the staff's favorites. Follow the link on the QR code or look up the account (hopeanchornews) to follow this and other playlists.



PLAYLIST
Spring Favorites
Created by: hopeanchornews · 12 songs, 45 min

PLAY FOLLOW ...

SONG	ARTIST
+ Dance with Me Tonight	Olly Murs
+ Green Light	Lorde
+ Danza Kuduro	Don Omar, Lucenzo
+ Galway Girl	Ed Sheeran
+ Beacon	Matt Duncan
+ Sweet Child O' Mine	Guns N' Roses
+ Cheap Thrills	Sia, Sean Paul
+ Paris	The Chainsmokers
+ Dancing With Myself - 2001 Digital Remas...	Billy Idol, Generation...
+ Saturday In The Park - Remastered	Chicago
+ 24K Magic	Bruno Mars
+ Another Day Of Sun	La La Land Cast

Sit in the sun.

Even if the weather doesn't allow you to sit outside, try and take advantage of any sun that comes our way. This might look like choosing the spot by the window when studying, opening the blinds even if you aren't home or taking a walk when it is sunny, despite the temperature.

Deep clean your room.

Spring cleaning, right? If you are overwhelmed by the prospect of cleaning your room, perhaps just start with your desk. Throw away the papers from last semester. Dust some of the shelves. Make your bed every day. You might notice a change in your mood if the area you are living in is even just a little tidier.

