



# *Great Changes*

## **Mental Health Monthly**

### **April 2026**

🌸 Spring Improves Mental Health 🌸

Spring improves mental health by increasing sunlight exposure, which raises vitamin D and serotonin levels, boosting mood and energy. Longer days and warmer weather encourage outdoor activity, better sleep cycles, and increased social connection, reducing anxiety and depression. <https://healthieru.unl.edu/news/springs-effects-mental-health/>

#### Key Mental Health Benefits of Spring

- **Increased Serotonin & Vitamin D:** More sunlight boosts neurotransmitters that improve mood, reduce fatigue, and combat SAD.
- **Physical Activity & Nature:** Warmer weather promotes outdoor activities like walking or gardening, which reduce cortisol levels.
- **Circadian Rhythm Regulation:** Longer days help stabilize sleep cycles, enhancing energy and reducing anxiety.
- **Social Reconnection:** People tend to socialize more, reducing the isolation often felt during winter.

- Symbolic "Fresh Start": Spring inspires renewed motivation to set goals, re-engage in routines, and foster positive behavioral changes.

<https://www.collaborativemn.com/blog/2025/03/14/mental-health-tips-for-spring/>