

## Are you energized by the season?



Dr. Deb Carlin Psychologist

In January, I wrote about how bluesy people get during the dark days of winter. It hits your bottom line. I offered solutions. I hope they worked.

Daylight Savings Time is here and spring has arrived. We are dreaming about spring break, it's a healthy habit from childhood. Even if you're not distracted, the rest of the planet is – your employees, co-workers, customers, clients, and vendors.

What to do? This is America – capitalize on it

Let the fever infest you, and get creative. Encourage your people to schedule vacation time now, even if just a long weekend. Offer a raffle for a get-away or a staycation. Take the lead and offer yourself 5 days, and just make it happen.

Yes, I know, you're busy. And, yes, you know life is short.

This is the time of year when your work force is showing signs of rest-lessness and wanderlust: they talk with enthusiasm about their outdoor weekend activities; they roam the Internet on work time in search of great escapes; they are counting the days until spring break.

Make it productive for your business: arrange the departure event, it can a be morning coffee cheer; coordinate the return welcome event, over lunch with their words of inspiration; and offer your motivational cheers for everyone to tune into work and blossom like the season, with productivity.

If you have not already done so, get outside. Enjoy it! *Celebratory attitudes are contagious, motivational and highly profitable. I'm prescribing it!* 

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