



March Reset Guide

Spring Qi, Liver Flow, and Daily Practices for Clear Energy

- A guide to clearing energy and finding spring vitality.
- Presented by Sustaining Life Wellness Center (SLWC.Life).
- Winston-Salem, North Carolina.

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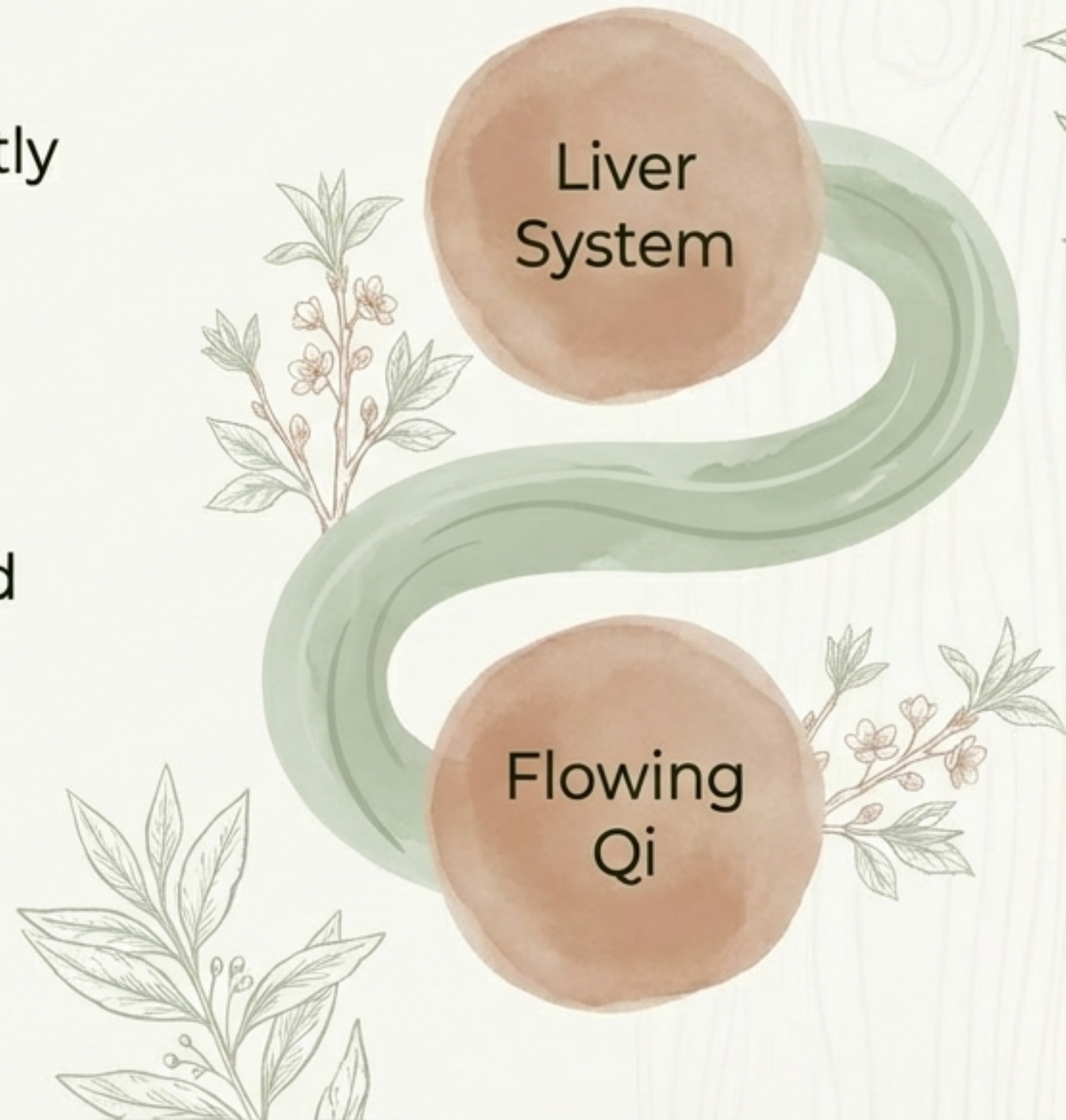
Embracing the Wood Element of Spring



- March is the doorway into spring, when nature begins to awaken and move.
- Human bodies naturally follow this exact same rhythm of rising energy.
- In Traditional Chinese Medicine (TCM), spring links directly to the Wood element.
- The goal is to move with the season rather than resisting it.
- Remember to avoid extremes—medicine is found in the middle.

The Liver System and the Flow of Qi

- The Wood element corresponds directly with the body's Liver system.
- This system governs the smooth, balanced movement of Qi (energy) throughout the body.
- Balanced Qi creates clear thinking and reliable emotional steadiness.
- Smooth energy flow also keeps the body physically flexible and creatively motivated.





Why Spring Stirs the Body

- We are shifting out of winter stillness into a period of rapid, active growth.
- Like sap rising in trees, our internal energy pushes upward and outward.
- If our energy pathways are tight, this sudden movement creates physical friction.

**Spring is about restoring circulation,
not pushing yourself harder.**

Recognizing Signs of Stuck Energy

In Chinese medicine, these symptoms simply reflect Qi that is stuck rather than flowing smoothly. Lighten the load to let the body naturally regulate itself.



Neck and shoulder tension, frequent headaches, or eye fatigue.



Irritability, frustration, or feeling wired but tired.



Digestive tightness, bloating, or early seasonal allergies appearing.

The Four Pillars of Spring Support



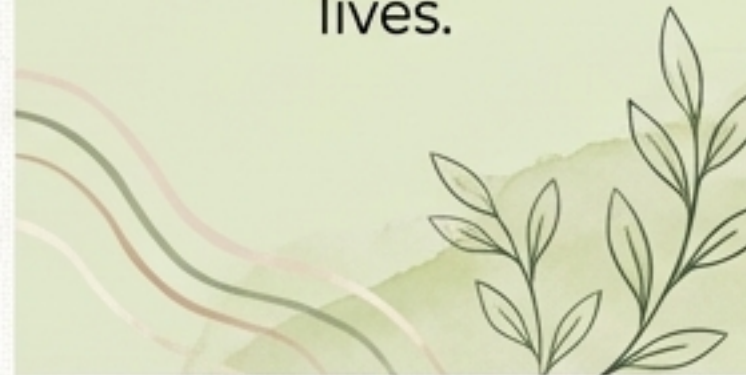
Move daily

Keep the body in motion to consistently circulate energy.



Release the sides

Focus stretches on the side-body where tension primarily lives.



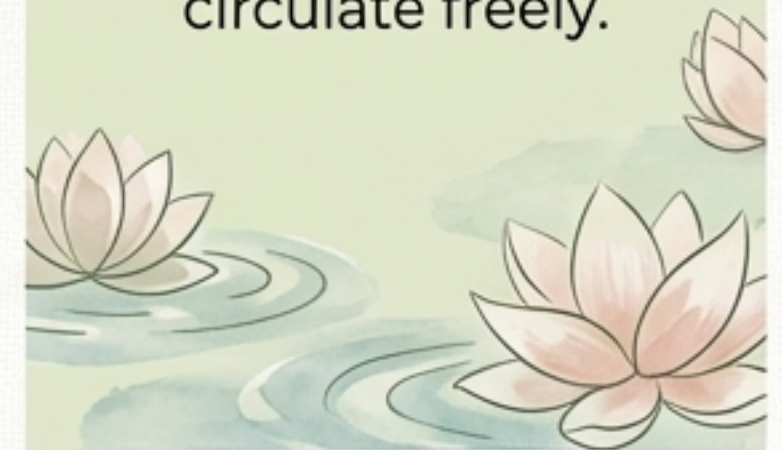
Eat seasonal

Choose lighter, fresher foods to aid and ease digestion.



Calm the nerves

Soothe the nervous system so Qi can circulate freely.





Your 10-Minute Daily Spring Reset

A simple, four-step routine perfect for mornings or early evenings.

- **2 Minutes:** Long exhale breathing to calm stress.
- **3 Minutes:** Gentle side-body movement to support upward energy.
- **3 Minutes:** Walking or marching to circulate Qi.
- **2 Minutes:** Quiet stillness with hands on chest and abdomen to release tension.

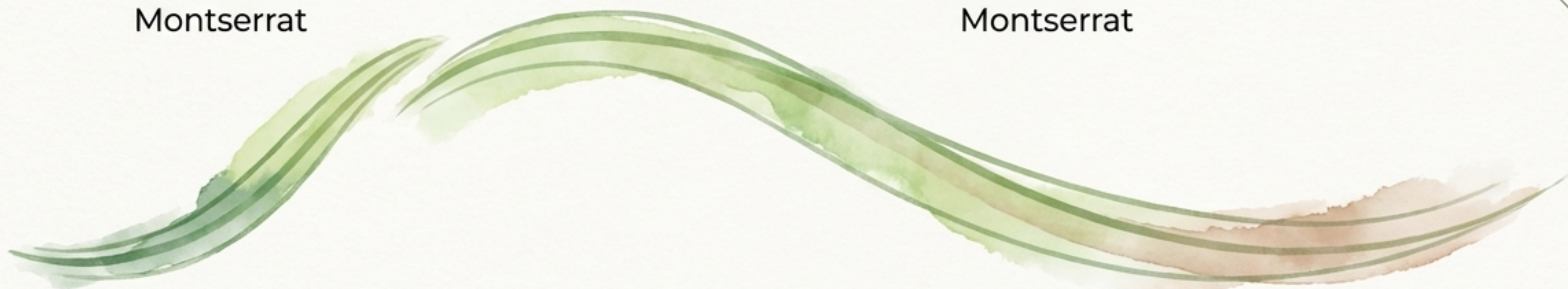
Step 1: Long Exhale Breathing

Inhale (Short)

Montserrat

Exhale (Long)

Montserrat



- Breathe slowly and deeply through your nose for two minutes.



- Let your exhale last slightly longer than your inhale.



- Consciously drop your shoulders and relax your jaw on every single breath.



- This specific pattern directly signals the nervous system to leave stress mode.

Steps 2 & 3: Moving Spring Energy

The primary goal of these six minutes is circulation and gentle flow, not aggressive exercise.



 **Side-Body Stretches:** Use slow side bends and gentle torso twists.

 **Neck Release:** Perform relaxed, smooth neck circles without any strain.



 **Walking:** Walk outside in natural light, or gently march in place indoors.

Eating for Spring Vitality

This is not a restriction diet—it is simply creating space for your body to reset.

Foods to Enjoy

- + • Favor lighter, gently cleansing foods like leafy greens, sprouts, and lightly cooked vegetables.
- + • Drink broths, warm water, or simple herbal teas to support digestion.

Foods to Lighten

- || • Temporarily reduce heavy fried foods.
- || • Reduce excess sugar and late-night eating.
- || • Decrease alcohol intake.

Navigating the Emotional Energy of Spring

- Spring naturally correlates with the emotion of anger, impatience, or frustration.
- TCM views this simply as active energy seeking movement, not a bad or negative emotion.
- When you feel blocked or frustrated, pause and take a slow breath.
- Move your body for one minute to allow the emotion to pass through rather than staying trapped.



Gentle Acupressure for Daily Care

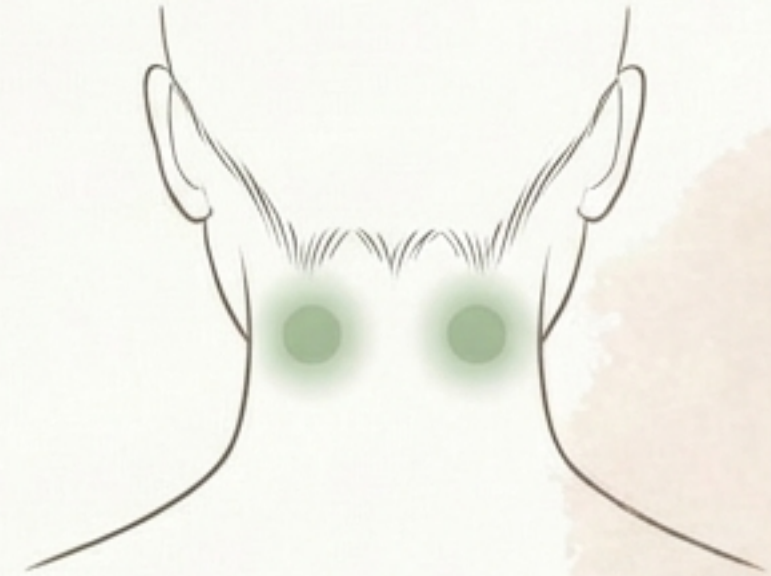
Apply firm but comfortable pressure for 30–60 seconds while breathing.
Gentle consistency is enough.



LI4 (Hand Valley):
Eases head, neck,
and face tension.



LV3 (Great Rushing):
Supports smooth
Qi flow.



GB20 (Wind Pool):
Relieves neck
tightness.

Small Habits for Allergy Season



Remove shoes immediately when entering your home to avoid tracking pollen.



Wash your hands and face right after spending time outdoors.



Change your clothes if the daily pollen counts are unusually high.



Shower before bed to wash away environmental pollen and ensure restful sleep.

Spring Reflection Prompts

Where in my life is something trying to grow?

What tension am I ready to release this month?

What does my body need more of (and less of) right now?

What would balance look like today?

Remember: Growth becomes easier when pressure decreases.

Restore Your Balance With Us

If headaches, persistent stress, poor sleep, allergies, or chronic pain continue, integrative support can help.

Reach out to Sustaining Life Wellness Center to help restore circulation and support your nervous system.

Call/Text: 336-203-2082

Email: care@lc.slwc.life

Web: slwc.life

Educational Notice: This guide is for educational and wellness support purposes only. It is not intended to diagnose or treat disease. Consult a licensed healthcare professional for persistent symptoms.