

HEALTHY LIVING WITH TAMMY

THE MONTHLY BUZZ April Showers Have Brought May flowers



Let Your Happiness Bloom Like Spring

Did you know sunlight increases serotonin, the brain's happy chemical? Longer days mean more light, more movement, and more connection with nature, simple ingredients for emotional uplift.

Quick Tip:

Spend at least 15 minutes a day outside, preferably with your feet on the ground (hello, grounding!) and face in the sun.

Hello Everyone! Happy May! I hope you all are doing well, and staying happy and healthy! Spring has Sprung! The grass is green and there are many flowers of all sorts coming up!

As the days grow longer and the earth reawakens, spring invites us to refresh not just our surroundings, but our inner world too. Just like nature, we're meant to bloom, shake off the heaviness of winter, and step into joy with lightness and intention. This month, let's explore ways to cultivate happiness from the inside out, aligning with the vibrant, uplifting energy of the season.



Let Happiness Bloom This Spring



There's something magical about spring. The air is softer, the colors brighter, and life begins again, quietly, steadily, beautifully. It's a season of awakening not just for the earth, but for the soul. Happiness in spring isn't loud, it's gentle. It's found in the way the breeze moves through new leaves, in the first bloom of a wildflower, in the sunlight that lingers just a little longer. This season invites us to return to ourselves with more lightness, to shake off the weight of winter, both physically and emotionally, and to remember that joy doesn't have to be big to be real.

This season mirrors our own ability to begin again. Each sunrise, each blossom, each raindrop is a reminder that we too are capable of growth, healing, and renewal. Just as the earth shakes off the frost and stretches toward the sun, we are encouraged to rise with soft strength, letting go of what has withered and turning our faces toward what nourishes us. Happiness doesn't ask us to be perfect, it asks us to be present. Spring's joy lives in the simple things, walking barefoot through dewy grass, planting seeds in the soil (and in the soul), or opening the window to let in fresh air and new energy. It's a season of sensory delight, and with it comes a powerful truth. When we slow down and truly notice, joy becomes easier to find. There's no need to chase happiness when spring teaches us that it can grow naturally within. All it needs is a little space, a little light, and the willingness to believe that this season, this moment, is enough.

Where in your life are you ready to bloom?

What parts of yourself feel like they are waking up after a long winter?

"I welcome this new season with a grateful heart. I allow happiness to find me in the quiet, in the growth, and in the blooming moments of my life."

Spring Glow Quinoa Salad



What You Need:

For The Salad

- 1 cup cooked quinoa (cooled)
- 1 cup baby arugula or spring mix
- 1/2 cup sliced radishes
- 1/2 cup sugar snap peas, sliced
- 1/2 cup diced cucumber
- 1/2 cup chopped fresh strawberries
- 1/4 cup toasted almonds or pistachios
- 2 tablespoons fresh mint leaves, chopped
- 2 tablespoons fresh parsley, chopped
- Optional: 1/4 cup crumbled feta cheese

For The Lemon - Honey Vinaigrette

- 3 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon honey (or maple syrup)
- 1 teaspoon Dijon mustard
- Pinch of sea salt and pepper

This Spring Glow Quinoa Salad is more than just a colorful, seasonal dish. It's a bowl of natural happiness. Packed with mood-boosting ingredients like quinoa, leafy greens, and strawberries, it supports both mental clarity and emotional well-being. Quinoa provides protein and magnesium to help balance your mood, while fresh greens and herbs offer antioxidants that nourish the brain and fight stress. The vibrant strawberries add a touch of natural sweetness and a boost of vitamin C, which may help lower cortisol levels. Crunchy almonds and seeds bring in healthy fats to stabilize blood sugar and support steady energy. Altogether, this refreshing salad is a delicious way to nourish your body and uplift your spirit from the inside out.

Mindful Moments

Affirmations are a great way to keep our minds healthy! Feeding it positive things is what it needs! I encourage you to print these affirmations off and put them in a place where you can make a point to read them every day this month. If there are any you do not resonate with or feel resistant to, let me know and I will do a quick check in and see what is blocking you from fully receiving the affirmation.

"Happiness grows within me, just like new life in spring."

"Like the flowers, I bloom with purpose and grace."

"Just as the earth awakens, so does my inner peace and joy."

"I plant seeds of kindness, love, and happiness in my heart."

"I choose to see the good in each day, no matter how small."

Take a deep breath, place your hand on your heart, and let these affirmations fill you with love and confidence.

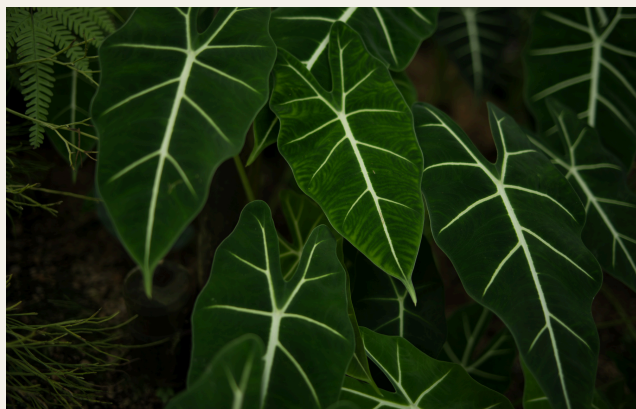
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healthylivingwithtammy@gmail.com
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www.healthylivingwithtammy.net
 Blessings to you all!