



# SPRING FORWARD

## THE BENEFITS AND CHALLENGES OF SPRING

### Welcome & Introduction (5 minutes)

- Greet participants and introduce the topic: "Springtime can bring both challenges and opportunities for those of us living with a vestibular disorder."
- Encourage open sharing and remind participants of group guidelines (respect, confidentiality, active listening).
- Ask: "What comes to mind when you think about spring in relation to your vestibular symptoms?"

### Challenges of Springtime with a Vestibular Disorder (20 minutes)

- A. Adjusting to the Time Change (Daylight Saving Time)
  - Impact of losing/gaining an hour on circadian rhythms
  - Increased fatigue and dizziness due to disrupted sleep
  - Strategies: maintaining a consistent sleep schedule, gradually adjusting bedtime, using light exposure to regulate sleep-wake cycles
- B. Seasonal Allergies and Their Effects on Vestibular Symptoms
  - How congestion, sinus pressure, and inflammation can worsen dizziness
  - Managing allergies with medications, air purifiers, nasal rinses, and hydration
  - Avoiding outdoor triggers during high pollen days
- C. Changes in Weather and Barometric Pressure
  - How fluctuations in pressure can affect vestibular conditions (e.g., migraines, dizziness)
  - Identifying personal weather triggers and preparing for them (hydration, rest, medication adjustments)
  - Using weather tracking apps to anticipate and manage symptoms
- D. Disruption in Sleep Patterns
  - Longer daylight hours affecting melatonin production
  - Balancing activity levels to avoid exhaustion
  - Creating a nighttime routine to promote better sleep
- E. Increased Outdoor Activity and Sensory Overload

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- Motion sensitivity (wind, bright sunlight, crowded spaces)
- Strategies for gradual exposure, using sunglasses, hats, or earplugs if needed
- Mindful movement to prevent symptom flare-ups

## Embracing the Positive Aspects of Springtime (20 minutes)

- A. The Beauty of Blossoming Flowers and Fresh Greenery
  - Benefits of nature on mental health and reducing stress
  - Gentle outdoor activities like sitting in a park or tending a small garden
- B. Opportunities for Social Engagement and Outdoor Activities
  - Enjoying mild weather with accessible outdoor options (short walks, outdoor cafes, gentle stretching in the sun)
  - Staying connected with supportive friends or family
- C. Feeling Refreshed and Energized After Winter
  - Reflecting on personal goals or new activities to try
  - Finding joy in the season despite its challenges
  - Focusing on gratitude and mindfulness

## Group Sharing and Coping Strategies Exchange (10 minutes)

- Open floor for participants to share their own experiences
- Discuss what has worked for others in managing seasonal challenges
- Encourage attendees to share personal springtime joys or favorite activities

## Closing and Takeaways (5 minutes)

- Summarize key discussion points
- Encourage members to try a new coping strategy this season
- End with a positive note: "Spring brings change, but it also brings growth. Let's support each other through it."
- Thank participants and provide any relevant resources or upcoming meetings

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