

# Fresh like Spring



Spring is the perfect time to refresh your routine, enjoy the outdoors, and make small changes that benefit both your well-being and your energy bill. At Southeastern Indiana REMC, we know that sometimes the best energy source isn't just electricity—it's fresh air, natural light, and time spent outside.

## Breathe in the Benefits of Fresh Air

Spending time outside doesn't just feel good—it boosts your health in ways that artificial environments can't. Whether you're gardening, walking, or simply sitting on your porch, fresh air and sunlight can:

- Reduce stress and improve mood
- Increase energy levels naturally
- Enhance sleep quality by balancing your internal clock
- Improve indoor air quality by reducing the need for artificial scents and sprays

One of the simplest ways to bring the freshness of spring indoors is by drying clothes and bedding on a clothesline instead of using the dryer. Sun-dried laundry isn't just energy efficient—it also:

- Smells naturally fresh—no artificial fragrances needed!
- Helps fabrics last longer by reducing wear and heat damage
- Cuts down on electricity use, lowering your energy bill



## UNPLUG, STEP OUTSIDE & SAVE ENERGY

Enjoying the natural energy around you is a great way to refresh your home and lifestyle this spring. Consider these simple ways to get outside while saving electricity:

- Open windows instead of running fans or air conditioning
- Take advantage of natural daylight instead of turning on lights
- Enjoy birdsong and fresh air instead of background noise from the TV

At SEI REMC, we're proud to power your home, but sometimes the best energy comes from nature itself. This Earth Day, let's celebrate the fresh start that spring brings—by stepping outside, soaking up the benefits of fresh air, and making small, energy-smart choices that improve both our health and our homes.