

USE THE HEALING POWER OF NATURE



A love of nature is rooted deep in our genes. Despite this, so much of life and work happens indoors on smartphone or computer screens. Find new ways to channel the restorative powers of the great outdoors.

6 WAYS TO INCREASE YOUR WELL-BEING WITH NATURE

- 1 Ground yourself.** The practice of physically connecting with the Earth is shown to reduce pain and inflammation. Even taking a daily walk through your nearest park can do wonders for your mood.
- 2 Go forest bathing.** In Japan, it's common for people to bask in nature just as we Americans would go sunbathing.
- 3 Bond with nature and each other.** State and national parks make great vacation destinations. Foster feelings of connection by bringing your family out for a hike or other excursion.
- 4 Get your hands dirty.** Something about digging in rich, black soil just feels good. Think about starting a small garden with veggies to eat or flowers to brighten up your home.
- 5 Keep a nature journal.** Try collecting notes, sketches or reflections on the time you spend outside. This is a great way to carry nature's positive vibes with you.
- 6 Bring the outdoors in.** Plants can lift the mood of your indoor spaces and add a sense of comfort.





THE NEXT BEST THING

Many who work from home have already discovered the relaxation of taking work outside. Yet even in an office you can get a dose of nature by sitting near a window or hanging nature photos around your desk.

TAKING CARE OF OUR ENVIRONMENT

Having access to clean, healing green spaces is something we shouldn't take for granted. In fact, we need to do more to ensure future generations can experience nature's wellness properties. Consider gathering your neighbors for yearly park cleanups or simply pick up any trash you see on your next outdoor walk.

Sources: Greater Good Magazine, University of Minnesota Center for Spirituality and Healing, PositivePsychology.com, St. Luke's Health, Close to Nature



The monthly wellness topics are part of BlueElements—a health and wellness platform that encompasses six areas—physical, social, emotional, financial, professional and environmental.



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