

SUMMERTIME SELF-CARE



We spend the majority of our time indoors, often using some sort of electronic device (computer, cell phone, tv). Many of us also live in urban city environments with limited access to nature. These things can take a toll on our mental wellbeing. Research shows that we have an innate need to be outdoors to maintain our physical, emotional, and psychological health. However, humans today only spend about 10% of their time outdoors.



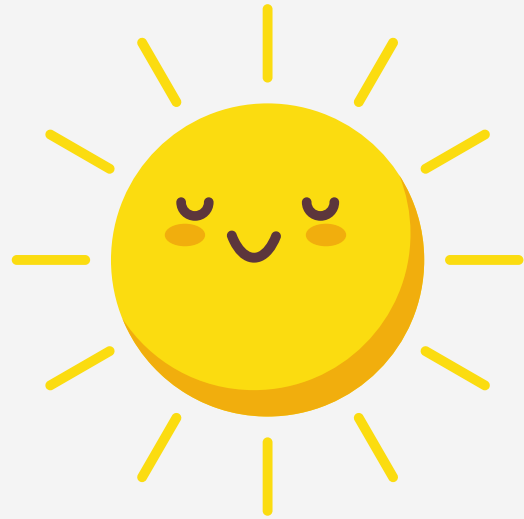
This is why the summer is the perfect time to engage in mentally and physically replenishing self-care routines and activities. The Summer seems to give us the boost that we need! We are usually happier, more energetic, productive, and social during this time of the year. Whoever coined the phrase “sunny disposition”, may have been on to something.



THE POWER OF THE SUN

The sun has significant benefits on both our mental and physical health.

We soak in the benefits of the sun in just as little as 5-15 minutes of exposure per day a few times per week.



SOME OF THE SUN'S BENEFITS ARE...

- 1 Vitamin D: Vitamin D helps us absorb calcium and phosphorus, which is vital for maintaining our physical health.**
- 2 Improves Mood: Through the increase in serotonin levels. (Serotonin is a chemical in our body that is responsible for every aspect of human behavior and functioning, such as mood regulation, memory, learning, cardiovascular functioning, sleep etc...)**
- 3 Lowers Blood pressure: The sun releases nitric oxide into the blood stream, which is a compound that reduces blood pressure, relaxes muscles, and improves overall heart health.**

GREEN IS GOOD FOR YOU

It's not just the sun that we benefit from, we also benefit immensely from nature in general, specifically "green spaces". Exposure to the green in nature has been linked to a host mental, physical, and social benefits.

For those of us with allergies that can't immerse ourselves in nature, research shows just looking at natural scenery for as little as 2 hours per week can assist with reducing stress levels, blood pressure and so much more!

THINGS THAT "GREEN SPACES" HELPS US WITH ARE...



COGNITIVE DEVELOPMENT AND FLEXIBILITY



EMOTIONAL REGULATION



REDUCTION IN STRESS LEVELS,



IMPROVES OUR IMMUNE SYSTEM



DID YOU KNOW...

Nature helps alleviate mental fatigue by relaxing and restoring our minds.



Taking your breaks or lunches outdoors will assist in increasing energy levels, work performance, and satisfaction at work.

If we are having a brain fog, racing thoughts, or just feeling overwhelmed, take a walk outside during your break to reenergize yourself, and reduce these symptoms.

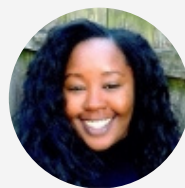
QUICK TIP:

6 TIPS FOR TAKING A MINDFUL WALK

1. Breathe
2. Focus on the ground beneath you
3. Focus on your senses
4. Take a moment to pause
5. Switch off (your electronics)
6. Bring intention to your practice

**You can gradually incorporate some of these tips on your walks and/or while doing other tasks. Remember when practicing mindfulness, we do not have to change who we are, or what we do. We accomplish mindfulness by just simply altering the way we experience the things that we do.

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