

Summertime Self-Care



HAPPY SUMMER!



We tend to spend more time outdoors during the summer months - which is great because time in **nature is essential to our mental well-being!**

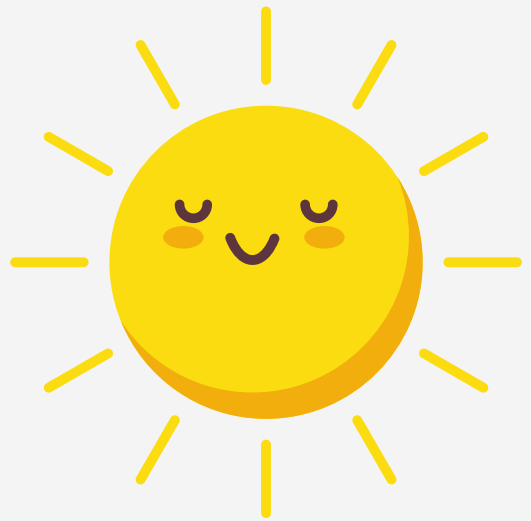
There are many mental wellness benefits associated with being outside such as **lower risk of depression** and **faster recovery from stress**. Research also shows that time in nature can strengthen our **focus and attention** and increase our **sense of connectedness** to the world around us.



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.



➡ (Always remember to protect your skin when out in the sun!)

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 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.
- 3 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...)

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.

Things that "green spaces" helps us with are...



COGNITIVE DEVELOPMENT



EMOTIONAL REGULATION



REDUCTION IN STRESS LEVELS,



IMPROVES OUR IMMUNE SYSTEM



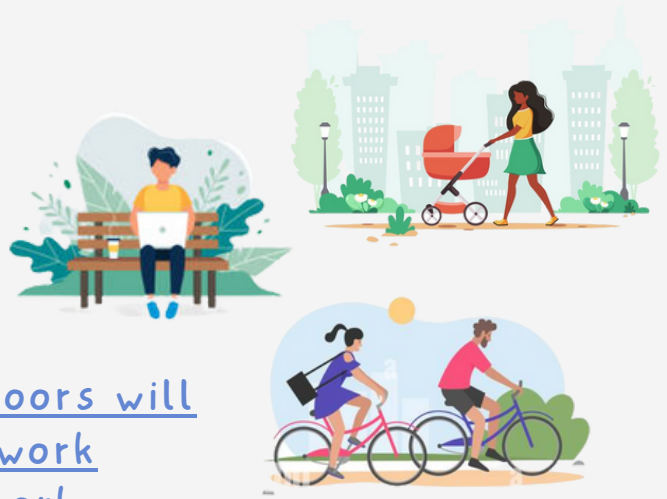
For those of us with allergies that can't immerse ourselves in nature, research shows just looking at natural scenery for as little as 2 hours per week can assist with reducing stress levels, blood pressure and so much more!

"BIOPHILIA"

- The human drive to connect with nature and other living things.
- Influences our mental health, hobbies, travels, and our homes and workplaces.

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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