

Wednesday, April 29, 2020

Dear Briarwood Families,

Happy Wednesday! I hope this email finds you all healthy and happy. For the past few weeks, we have discussed wellness and suggested a few ways that you can support your wellness during these difficult times. You may remember the wellness wheel that we sent a few weeks ago, which shows the various aspects of one's wellness. It can seem daunting to try and support so many different aspects. However, there is one simple action that can actually benefit many dimensions of wellness at once: spending time outside!

Even before the stay-at-home order, the EPA estimated that the average American spent just 7% of their lives outdoors. Spending time outside is incredibly important to both our mental and physical health. Research has shown it can positively impact our mood and even reduce anxiety and stress along with aiding in weight loss and building muscle. It can also help improve focus and memory!

Especially during these stressful and somewhat chaotic times, it is important to take a break every once and a while to recharge. This week, take a moment to be intentional about spending time outside. If you can, try working outside for a few hours, or take a break from work and walk around the block. Maybe try having a backyard picnic for dinner or lunch. You might be surprised how refreshing even just a few minutes outside can be!

Casey Lunn, MA., LPC-I
Lower School Counselor

Toni LaZurs, M.Ed., LPC
Middle Upper Counselor

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