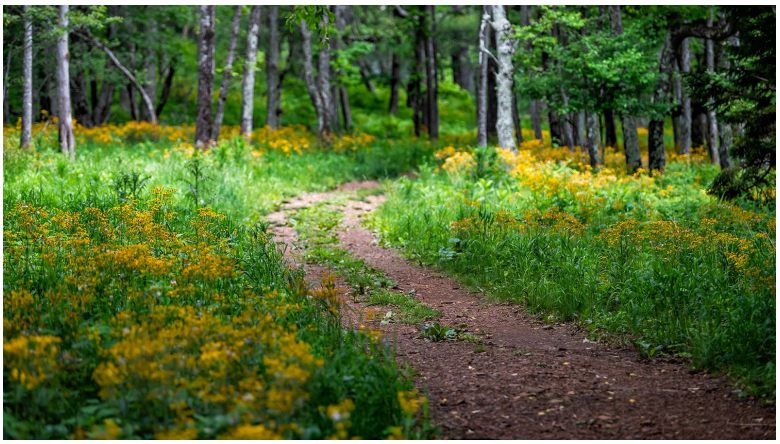
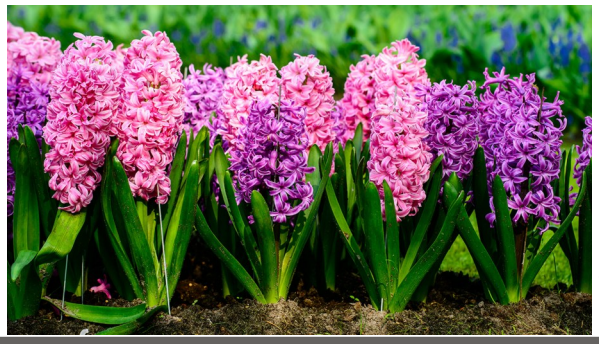
Easy Wellness Wins - Get Outside Every Day

Get out in nature every day – even if it's raining! Nature is profoundly good for us for a simple but easily forgettable reason: we're a part of it. Being in nature tells your brain and body you're in a restful place. Without fail, spending time in my garden or walking across the common gives me a different, calmer feeling for the day. If you don't have easy access to green spaces, you can still bring a bit of nature indoors with window boxes, houseplants, or herbs for your kitchen windowsill. Even looking at pictures of natural scenes has been shown to have benefits.



Try some of the following ways to access nature this week:

- Walk to your nearest park at lunchtime.
- Make your phone/computer screensaver a picture of nature.
- Spend 30 minutes gardening.
- Put up some of your favorite photos or paintings of natural places.
- Collect pebbles or shells on a walk and arrange them at home.
- Swap the gym for an outdoor workout somewhere green.
- Feed the birds.
- As the weather gets warmer, spend time barefoot in the grass.
- Eat outside for supper, even if you're not grilling out!
- Before you go to bed, step outside and look at the stars.



Source— Dr. Rangan Chatterjee