



Wellness Wednesday



Importance of Being Outside

Have you ever noticed how relaxing it can be to go to the beach or visit a local park or sit outside on your porch? There's a reason for that. Different parts of our brain activate when we are in nature, which can lead to reduced heart rates and blood pressure, and can increase in your happiness. There are many benefits to getting outside, both for your physical and your mental health.

- Your vitamin D levels rise—thanks to sunlight!
- You'll spend less time in front of a computer or television and more time getting exercise.
- You're concentration may improve. Giving your body a chance to stretch, breathe fresh air and feel the sun will help relax your brain and refresh your body.
- Nature can buffer the effects of loneliness or social isolation. When people with low social connectedness have high levels of nature nearby, they report high levels of well-being.
- Both light and physical activeness can help bolster your happiness.

Try to make time each day to get outside, even if it is just 5 minutes on your porch breathing in the fresh air. Try a mindfulness exercise to make the most of your time outside—identify three things you can see, two you can hear and one you can smell.

If you can't make it outside, find a window where you can focus on flowers, trees or the sky and practice your mindfulness exercise.

NAMI Vermont Minute:

According to HikingProject.com, there are 631 hiking trails in Vermont. There are places to walk all over our state and they are open to all Vermonters. This is just like NAMI Vermont's programs and support groups. We offer our classes and support groups in areas around Vermont when we are able to meet in person and online for times when we can't meet in person. All programs are offered free of charge and are open to all Vermonters. To learn more about current offerings, please visit www.namivt.org.