

# Mindful Memo







Week 33 – April 18<sup>th</sup>, 2022 – RCMA Wimauma Community Academy

## Connecting with Nature

With Earth Day on Friday, this week's challenge is to connect with nature. Take time this week to unplug and explore the great outdoors. Research from Yale shows that people who spend two hours or more a week in green spaces such as parks or other natural environments, experience better health and psychological well-being than those who don't. The good news is that the two hours doesn't have to be all at once. A 30-minute walk a few days a week will do the trick!

Facts from the study show:

-  Nature is an antidote for stress.
-  Spending time outdoors can lower blood pressure, regulate the nervous system, and enhance immune system responses.
-  Attention Deficit Disorders and aggression lessen in natural environments.
-  Being in nature promotes calmness and lifts your mood.



Sky above,  
earth below,  
and peace within.

