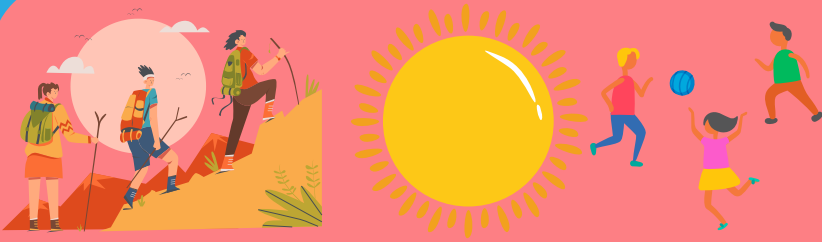


HEALTH & WELLNESS

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June 2023



SUMMER IS HERE!

Being Outside = Improved Mental Health

With longer, warmer and sunnier days it is a great time to step outside and enjoy the many benefits of fresh air and nature. Here are 7 reasons why being outside is good for your mental health and wellbeing:

1. Reduces stress levels: going for a walk is one of the best ways of reducing stress levels.
2. Feel better about yourself: getting outdoors and exercising improves self-esteem and body image.
3. Improve your concentration and focus: looking at nature improves our ability to restore concentration.
4. Improve mood: did you know that regular exercise can be as effective as antidepressants.
5. Sleep better: going for a walk in the early evening can help you relax and improve the quality of your sleep.
6. Worry less: the effect of exercise of worry and feeling anxious is rapid and effective.
7. The sunshine vitamin: being outside increases your levels of Vitamin D. Low levels of Vitamin D have been associated with low mood and worry.

Click the hiking icon for some hiking ideas in NYS!

WORLD WELLBEING WEEK JUNE 26-30

Wellbeing is the state of being comfortable, healthy and happy. If we have good wellbeing, we have high life satisfaction, the ability to manage stress and a sense of purpose in life. Our overall wellbeing incorporates physical, mental and emotional health. It's important to look after our wellbeing in order to live a healthy life. Wellbeing Week is an opportunity to take time to reflect on how we are looking after ourselves, which areas we are already doing well in caring for ourselves and what more we can do to further look after our wellbeing. Wellbeing activities, such as mindful coloring, practicing yoga, learning about what wellbeing is, filling out a wellbeing journal or simply reading a book for fun are all helpful! Click the sun to learn more.

Quote of the Month

“Only those who dare to fail greatly, can ever achieve greatly.”
— Robert F. Kennedy

Joyful June Calendar

