

Get Outside Challenge

What?

June is reserved for getting outdoors. This month highlights the importance of distancing yourself from technology and other stressors. We challenge you to take a spare moment and surround yourself with nature.

How?

To complete this month's mini challenge, take time at least once per week to find nature. This can be in your backyard, at a local park, or anywhere you feel disconnected from technology. Take a few minutes without interruption to appreciate what you see. Try to see the scene for its smallest details, the colors and the sounds.

Next, view your surroundings as a whole. How does each color, sound, plant or animal interact? Either write down what you see, draw a picture or use a camera to take a picture. Place your description or picture somewhere you can see, such as on the bathroom mirror. Each week you are challenged to find a new natural spot to explore.

Why?

Making time to stop and smell the flowers or to notice nature's many colors is a great way to decrease stress. New studies have shown that simply being in nature can help people clear their mind and lift their mood. Further, you may find that opening your mind helps you find the answer to a nagging problem or promotes restful sleep.