



October 28, 2022

## ***Enjoy Nature – Boost your Health!***

Most of us have just enjoyed some never-ending summer weather, with warm, sunny days extending well into mid-October.

That said, what are some of the ways we can embrace the cold and wet weather that will arrive any day now across our beautiful province? Even with a change in the weather, we can continue to enjoy the health benefits of being outdoors and enjoying nature.

This article in Healthline outlines the [8 Health Benefits of Getting Back to Nature and Spending Time Outside](#):

- Better breathing
- Improved sleep
- Reduced depression
- Motivation to exercise
- Mental energy
- Immune health
- Better vision
- Emotional wellness

[Click here](#) for more about the health benefits of enjoying nature.

Depending on where you live – and your tolerance to cold! – many readers may already engage in outdoor winter activities that include snowshoeing, skiing, and skating. For others, who possibly prefer to just sit by the fire, [this article does offer some great ideas](#) that may inspire you to get out and enjoy nature – possibly even with students!

Here are a few ideas to trigger your interest:

- Build a backyard weather station
- Explore a tree
- Go on a winter nature photo hunt
- Go on a nature art walk
- Create ice art

[This article](#) suggests other motivating ways to connect with nature during winter, including:

1. **Make a list of your favourite winter activities:** if you can identify with activities that feel fun, inspiring, refreshing, uplifting, and nourishing you are more likely to engage in them regularly!
2. **Embrace the elements** – learn about cold training
3. **Go for night walks**
4. **Sit in the snow** – observe the winter landscape
5. **Go snow tracking** – what creatures live in your neighbourhood?
6. **Put out winter birdseed**
7. **Feel the sun consciously**

So, bundle up, grab a thermos of tea, and get outdoors this winter!

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

**Rochelle Morandini**

*Member Health & Well-Being, Director*

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact [rochelle@bcpvpa.bc.ca](mailto:rochelle@bcpvpa.bc.ca).