

Rejuvenate with Nature

Numerous studies have shown a connection between time in nature and physical and mental health. Researchers from Norwich Medical School reviewed data from more than 140 studies and concluded that exposure to green space reduces the risk of Type 2 diabetes, heart disease, premature death and more.

Exposure to nature has many physical and mental health benefits:

Physical benefits:

- Reduced cravings
- Faster recovery
- Strengthened immunity
- Reduced blood pressure
- Better vision

Mental benefits:

- Reduced stress and depression symptoms
- Quieter brain
- Increased sense of calm
- Improved short-term memory
- Improved concentration

Here are some ways you can add nature to your life every day:

- Take your workout outside.
- Bring nature to your home by incorporating plants inside and outside.
- Include natural elements in your house, such as wood floors and furniture.
- Open your curtains to let the sun shine in.
- Use nature to decorate.
- Use natural scents for your candles or diffusers.
- Play nature sounds as background when you're doing chores.
- Volunteer outside by working in a community garden, walking shelter dogs or cleaning up parks.
- Plan outside time for your vacations.



Sources: [assets.website-files.com](#), [ncbi.nlm.nih.gov](#), [outsideonline.com](#), [theatlantic.com](#), [scientificamerican.com](#), [correctionalnews.com](#), [sciencedirect.com](#), [tandfonline.com](#), [mind.org.uk](#), [journals.sagepub.com](#), [ciphr.com](#), [plymouth.ac.uk](#), [marketwatch.com](#)*

Join us for our next weekly meditation session on your computer or mobile device:

Topic: Simply Breathe Meditation

Wednesday, July 31, 2019

8 to 8:10 a.m. Eastern time

[Register today.](#)

*Blue Cross Blue Shield of Michigan and Blue Care Network don't own or control these websites.