

## BEING OUTDOORS & YOUR MENTAL HEALTH

Nature can help decrease your anxiety levels and can help lessen stress and feelings of anger. Exercise can also help this, but it's even better when you're outside. Research shows that people who are more connected with nature are usually happier in life and more likely to report feeling their lives are worthwhile.

Nature can generate many positive emotions, such as calmness, joy, and creativity and can facilitate concentration. Being outside allows us to be social and come together with family, friends, or even people you don't know who are also looking for a great hiking trail, for example.

Being outdoors can provide a mental break by allowing us to temporarily escape the demands of everyday life. It can also boost your creativity and problem-solving abilities. Additionally, you may find that you sleep better when you are regularly outside. Daily exposure to natural light helps regulate sleep/wake cycles. By making sure that you get outside in sunlight every day, you can improve your ability to sleep at night.

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# APRIL SHOWERS BRING MAY FLOWERS: SPRING CLEANING & MENTAL HEALTH



With spring on its way, many may feel the looming burden of “Spring Cleaning” on its way. Maybe your spring to-dos have gotten so long that even the thought of the season fills you with dread. However, it seems when it comes to organization & cleaning, the best way out is through as there are many studies that support the positive connection between cleaning/organizing your surroundings and mental health!

Simple tasks such as making your bed every morning, organizing countertops or washing the dishes have been shown to not only increase focus and feelings of accomplishment, but also decrease cortisol levels. “It is found that “People who viewed their homes as disorganized and messy had increased levels of the stress hormone cortisol. They also felt more depressed throughout the day and more tired at night, compared with those in the experiment who described their home environment as restful” (PsyCom).



With the promise of warm weather on its way, now is the best time to start! Take small mindful steps towards organizing your environment! You may find once you get going you have more energy and motivation than you previously believed.



## **Contact Us!**

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