Photo by Pixabay: <https://www.pexels.com/photo/mirror-lake-reflecting-wooden-house-in-middle-of-lake-overlooking-mountain-ranges-147411/>

**HOME:**

Nourish your soul with fresh air. Going outdoors and enjoying what nature has to offer is a special experience. The outdoors has so much to offer us. A few are the benefits of sunshine, exercising outdoors, and some poetry inspired by nature. Please enjoy these reads, then get outside!

The outdoors has so much to offer us. Just a few are:

Thrive out there.

**Sunshine:**

Provides Vitamin D: Being exposed to sunlight allows your body to produce vitamin D. This vitamin is crucial in maintaining good blood pressure, regulating your immune system, maintaining the health of your blood vessels, keeping your brain working well, and much more.

Sunlight can improve sleep quality: Exposure to sunlight aids in maintain your body’s internal clock (circadian rhythm). Your circadian rhythm responds to the suns’ light-dark cycles, helping you fall asleep when dark, and wake up when its light.

Sunlight boosts mood: Being exposed to sunlight can help improve mental health. A common mood disorder is seasonal affective disorder(SAD). SAD is usually most prevalent in the fall and winter, when there is less sunlight.

Credits: <https://www.goodrx.com/health-topic/environmental/benefits-of-sunlight>

**Play:**

Doing fun activities outside is the way to go. The opportunity to explore and see new things on this planet is in your hands. Best of all, it can be free! Start simple. Go on a walk around your community. Move onto hiking a local hill or mountain if you feel up for it. There is no wrong way to get outside. Replace time spent inside on electronics with going outside for a short walk or bike ride to a local park.

Exercise outdoors helps with mental illness. It can ease emotional and mental pain, and decrease cortisol levels.

Outdoor recreation can be enjoyed alone, or with friends/family.

Outside can act as an escape from the mundane, repetitive, and stressful everyday life. Spending time in nature helps relive stress because it makes you slow down. You are forced to just breath, and take one step at a time.

**Poetry:**

Inspired words from yours truly,

*Nature*

Big

Quiet

Nature’s time

Solitude

Tress

Mountains

Brisk air in my lungs

Free water

Buzzes from bugs

Dingey caves

Winding vines

Green

Food from plants

Simple

Big

Hectic

Clock’s time

Voices

Lamp posts

Skyscrapers

Clogged air in my lungs

Costly water

Buzzes from wires

Dingey alleyways

Winding cords

Grey

Food from factories

Complex.

* Darci Wright

*Hermitage -*[Joseph Fasano](https://poets.org/poet/joseph-fasano)

<https://poets.org/poem/hermitage>

It’s true there were times when it was too much  
and I slipped off in the first light or its last hour  
and drove up through the crooked way of the valley

and swam out to those ruins on an island.  
Blackbirds were the only music in the spruces,  
and the stars, as they faded out, offered themselves to me

like glasses of water ringing by the empty linens of the dead.  
When Delilah watched the dark hair of her lover  
tumble, she did not shatter. When Abraham

relented, he did not relent.  
Still, I would tell you of the humbling and the waking.  
I would tell you of the wild hours of surrender,

when the river stripped the cove’s stones  
from the margin and the blackbirds built  
their strict songs in the high

pines, when the great nests swayed the lattice  
of the branches, the moon’s brute music  
touching them with fire.

And you, there, stranger in the sway  
of it, what would you have done  
there, in the ruins, when they rose

from you, when the burning wings  
ascended, when the old ghosts  
shook the music from your branches and the great lie

of your one sweet life was lifted?

# *Mercy Beach-* [Kamilah Aisha Moon](https://poets.org/poet/kamilah-aisha-moon)

Stony trails of jagged beauty rise  
like stretch marks streaking sand-hips.  
All the Earth has borne beguiles us  
& battered bodies build our acres.

Babes that sleep in hewn rock cradles  
learn to bear the hardness coming.  
Tough grace forged in tender bones—  
may this serve & bless them well.

They grow & break grief into islands  
of sun-baked stone submerged in salt  
kisses, worn down by the ocean's ardor  
relentless as any strong loving.

May they find caresses that abolish pain.  
Like Earth, they brandish wounds of gold!