



## April -National Stress Awareness Month

Life seems to roll along so quickly these days. The busier we get the more stress we may feel. The pressure of technology, our jobs, society and relationships can be overwhelming. The phone calls, e-mails, text messages and social media interaction just don't seem to stop. Some days you may feel like you can't keep up. Well you are not alone. Most of us are feeling the pressure of being more "connected".

As a certified stress management trainer, I suggest stepping away from your electronics for a while and get back into nature. Studies show being in nature can be extremely beneficial to our mental health.

### It's Time for a Digital Detox

1. Reconnect with the great outdoors and enjoy the fresh air, sunshine and breeze on your skin. The natural landscape can instantly lower your stress levels.
2. Go to the water! Getting close to the ocean, a lake or stream could be just what the doctor ordered.
3. Take a silent walk in the woods. Savor the healing benefits of the trees, the earth and the sound of the birds on the human body and psyche.
4. Visit a local park and ride a bike, meditate under a tree or enjoy your lunch on a bench.
5. Most of all be grateful for this beautiful planet we live on. Taking time to focus on the things we are thankful for is a great way to relieve stress and gain perspective.

