

Hello!

Spring is officially here. The sun is out and many people are spending more time outdoors. This week I wanted to discuss the mental health benefits of being active outside. I am sure many of you have experienced a sudden burst of energy now that the days are getting longer and the sun is shining brighter. You may feel the need to go on walks, sunbathe near windows, and even travel to warm destinations.

This sudden burst of energy and need to get outside is no coincidence! Many studies have shown that increased exposure to natural environments and the sunlight is associated with improved mental and physical health.

“I go to Nature to be soothed and healed, and to have my senses put together.” – John Burroughs

Check Out This Video



Ways to Get Outside in Osceola



Parks

Click this [link](#) to see a comprehensive list of parks in the Osceola Area.

Activities

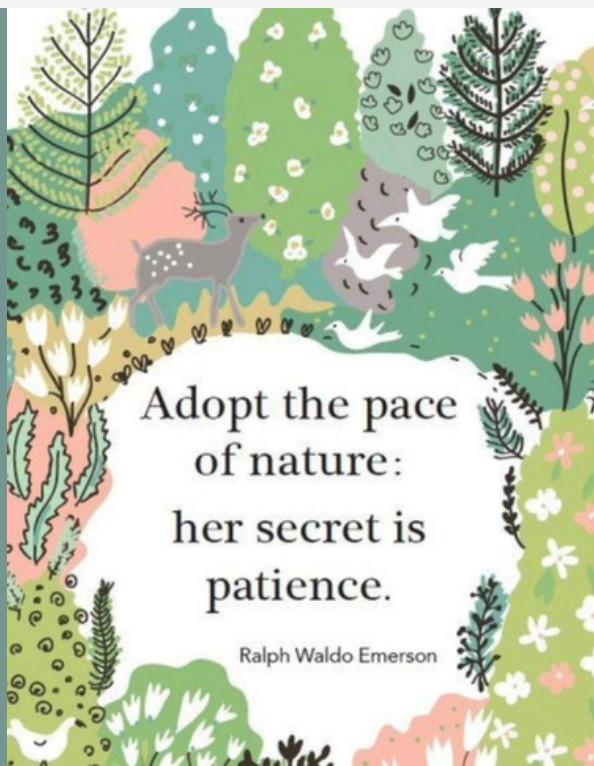
- Bicycling
- Hiking
- Canoe/Kayaking
- Fishing
- Swimming
- Golfing
- Skiing/Snow Boarding
- Tubing (Winter or Summer)
- Snowshoeing
- Rock Climbing
- Geocaching
- Rollerblading
- Horse Back Riding
- + Many More!

Mental Health Benefits

- Lower risk of depression
- Decreased anxiety symptoms
- Increase stress recovery
- Restore strength in our mental capacities
- Increase focus and attention
- Boost your mood

Physical Health Benefits

- Sleep regulation
- Reduction of cortisol levels
- Reduction of muscle tension
- Decreased risk for heart disease
- Decreased blood pressure
- Increased motivation for physical activity
- Increased vitamin D Levels



Want to know more? Check out these resources.

- [US Forest Service](#)
- [American Psychological Association](#)



Contact Your Mental Health Navigator:

Abigail Peterson

Mental Health Navigator

(715) 294-4180 X: 3127

Petersona@osceolak12.org

1029 Oakridge Drive Osceola, WI 54020

