



Nature

Pinnacle EAP. 804.282.3113. www.pinnacle-eap.com.

'And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.' -Anais Nin

If April showers bring May flowers, what do May flowers bring? Spring! 'Tis the season to enjoy the new life teeming outside your front door.

Enjoying nature is not only a fun, inexpensive way to spend a day, being outside also has great mental and physical health benefits.

Psychological and physical health studies have repeatedly discussed the health benefits of being outdoors. So much so in fact, that a new type of therapy has emerged from this school of thought, this has been coined 'Ecotherapy.' Ecotherapy is defined as 'nature's healing power restoring the natural balance between inner and outer man through physical connections with nature.' The new and growing group of psychologists that support ecotherapy believe that many of our modern-day mental problems, including depression, stress and anxiety, can be traced in part to society's increasing alienation from nature. Their solution? Get outside and enjoy it!

<http://www.time.com/time/health/article/0,8599,1912687,00.html>

Expose Yourself to the Health Benefits of Nature

Psychological Health Benefits Include:

- Relaxation
- Stress Reduction
- Decreased Mental Fatigue
- Restored Mental Clarity
- Increased Sense of Well-Being
- Regular sunlight exposure provides essential vitamins and is shown to help combat anxiety and depression.

Physical Health Benefits Include:

- Exercise increases metabolism and blood flow.
- Can aid in recovery from surgery and healing in general.
- Improved performance.
- Studies have shown being outside can help children concentrate better.

<http://www.johnvdavis.com/ep/benefits.htm>

Places to Explore Nature in the Richmond Area:



Maymont

Located in the heart of Richmond's Fan area, the old home and sprawling estate of James and Sallie Dooley is now a public park and nature preserve. Visit their website for location, information and events: www.maymont.org

Lewis Ginter Botanical Garden

This magnificent garden and greenhouse located in the Northside of Richmond is home to some truly lovely flower exhibits and plant life. Visit their website for more details and upcoming events: www.lewisginter.org

Joseph Bryan Park

Also located in the Northside of Richmond, this park boasts several ponds, trails and a family and pet friendly atmosphere. Mark your calendars for the Richmond Vegetarian Festival being held here on June 23rd, 12-6pm. For more info. on this park visit: www.friendsofbryanpark.org