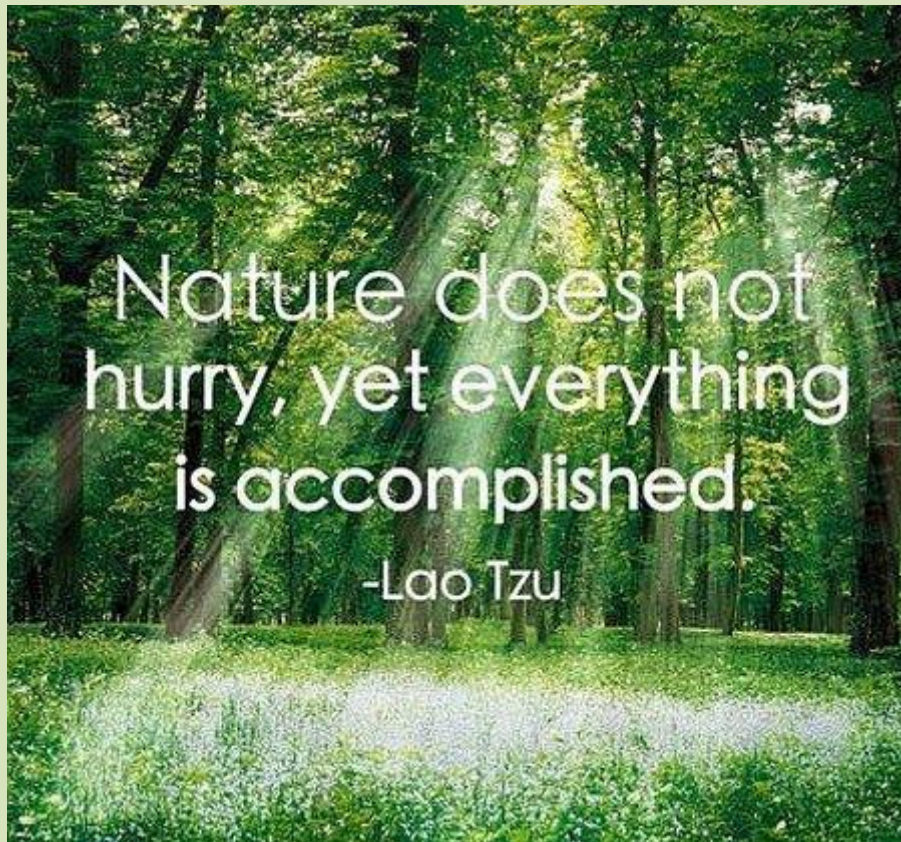


Nurtured By Nature



I can't begin to describe to you the effect that nature has on my body, my mood and my spirit. Whether I am calmed by watching the trees dance with the breeze, or feeling the elation of running free in the park on a rainy day with my dogs by my side, or discovering an amazing flower while I walk or catching site of a beautiful butterfly fluttering in the air - something inside me feels and reacts to the beauty surrounding me.

And then my breathing gets slower and deeper. The tension in my shoulders melts away. I begin to smile. The cares of the day seem to fade away and become less heavy. I feel contentment. I feel joy. I feel gratitude.



The good news is that you too can experience the calming benefits of nature! Scientists have found that spending time in nature can make us feel happier, more creative, more empathetic, less stressed and healthier. Spending time in a natural setting such as a park has even been found to lower blood pressure, decrease anxiety and boost the immune system!



Want to feel these benefits yourself? Then why not head outdoors more often! You could also take part in the **30 x 30 Nature Challenge this May**. For the past 4 years the David Suzuki Foundation has invited Canadians to join the 30 x 30 Nature challenge. Last year over 15,000 people from around the world signed up! For more information and to watch the cutest video click [here](#). There are also kits for schools and workplaces to get involved and regular updates to support in engaging your community.



You might create more calm than you thought possible by enjoying Mother Nature more often!

And speaking of Mother Nature, I would like to take the time to wish all Mother's a wonderful upcoming Mother's Day.

Warmest regards,

Eve Nguyen

BHSc Naturopath

Author of Create Calm at Work Create Calm in Life

P.S. If you are in need of a last minute Mother's Day gift that is positive and uplifting you may wish to gift my book (the kindle version is available [here](#) which avoids postage delays and instructions on how to gift a kindle book are [here](#)).