

## Nature

“There is new life in the soil for every man. There is healing in the trees for tired minds and for our overburdened spirits, there is strength in the hills, if only we will lift up our eyes. Remember that nature is your great restorer.” –*Calvin Coolidge*

“Adopt the pace of nature: her secret is patience.” –*Ralph Waldo Emerson*

“In general, melatonin makes us feel tired. Levels of the hormone rise a couple of hours before we sleep, and they fall right when we wake up...In the modern environment, those melatonin levels fall back down a couple of hours after we wake up. Our brains say we should be sleeping several hours after we wake up. The participants' sleep and wake times were slightly out of step with their internal clocks, like constantly being a little jet lagged...but after people got back from a week-long camping trip, the jet lag was gone...[Melatonin] would go down at sunrise and right when people woke up...people's entire sleep schedules had shifted earlier so that they were going to bed and rising two or more hours earlier than they had been before camping.” –*Wright K, professor of integrative physiology at the University of Colorado*

Sit outside and listen to the birds

Plant a garden

Go cloud-watching

Get fifteen minutes of sun, especially if you live in a cold climate

Go star gazing

Gather beautiful nature “artifacts” (stones, shells, nuts, bird nests) and display these in your home (in a glass-top display table, display lamp, vase, etc.)

Run on the grass in bare feet

Lie on your back under a fall tree looking at the light through the leaves

Camp with special friends

Sit around a camp-fire

Go on a picnic

Hike in a nearby park

Go for a drive on a scenic route on the weekend (remember Sunday drives?)

Sit somewhere green and be quiet for several minutes

<http://www.fgwrc.ca/uploads/ck/files/Resources/Factsheets/FactSheetSelfCare.pdf>

<https://psychcentral.com/blog/archives/2016/08/10/what-self-care-is-and-what-it-isnt-2/>

<https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/>

<http://www.npr.org/2017/06/04/531051473/the-millennial-obsession-with-self-care>