



EcoNugget

How the Environment Benefits Our Health

Mental illness affects one in five Canadians yearly. Do you know what Vitamin N (nature) can do for your health?

- Sunlight benefits bone & immune health and reduces depression and seasonal affective disorder.
- 10 minutes in a forest improves sleep and boosts the immune system. The scents of the forest also help to reduce stress.
- Taking forest walks is great for reducing loneliness, lowering blood pressure, and helping to accelerate recovery from illness.
- Listening to bird sounds results in improved mood and relief from mental fatigue & stress.
- Getting your hands dirty with soil can increase your brain serotonin levels (anti-depressant).
- Barefoot contact with the grass & earth may help improve sleep and lower stress.

For further information contact:

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