

Parent Support

Week of May 18th 2020

TAKING IT OUTSIDE

The importance of time spent outdoors.

We are now in the middle of Spring and Summer is only a month away. The sunshine and warmer temps are rolling around, making it the perfect time to begin implementing outdoor activities. Spending time outside allows you to reap benefits such as getting exercise, fresh air, vitamin D from the sun, and a chance to step away from screens.

Schools encourage students to spend time outdoors, but it's just as important for parents too!

1. Take lunch outside.

Try making a habit of taking your lunch out on your patio, porch or lawn each day. This gives you a necessary break away from all the work you're doing. The scenery change can be refreshing.

2. Move your office outside.

Working from home? Try spending an hour each day working outside. Paperwork, phone calls, and even responding to e-mails can all be done while sitting in the sun.

3. Act like a kid.

This is a stressful time for parents. You deserve some fun and carefree time. Remember being young and spending so much time outside? You can still do your old favorite activities! Ride a bike, play tag, climb a tree, make a sidewalk chalk drawing, throw a frisbee, blow bubbles, hula hoop, or fly a kite. Your children will have fun engaging in these activities with you, and you'll get a much-needed mental health break.

Self-Care Tip

Take 30 minutes each day to go for a walk in nature - it could be a stroll through a park, a hike in the woods, or even some time spent in your own garden. A great deal of research shows that being in nature can increase energy levels, reduce depression and boost well-being. In fact, it even has a name – ecotherapy!



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