

WELLNESS WITH SANDY

MONTHLY NEWSLETTER

JUNE 2021

NURTURE YOURSELF WITH NATURE

In a world and an environment where our brains are working overtime, exposure to nature seems to get us out of our heads. With positive, longitudinal benefits, something like a weekend hike or a descent into nature carries some real, measurable brain benefits. "Forest Therapy" has been an area of focus when it comes to our overall brain functioning.

A walk in nature for even 10 minutes has shown decreased rumination and negative feelings, as well as an improvement in our cognitive performance (as opposed to walking along a busy street). A little science talk here: forest therapy reduces activity in a particular brain region called the subgenual prefrontal cortex. Associated with the recurrent worry of issues, nature can tamp down this aggressive area of our brain

Start your day the peaceful way! I challenge you: as soon as you wake up, immediately go from your bed to a window (or outside). Light up your mind by filling it with brightness when your eyes open, and continue to work towards your personal peace plan!

BLOGS OF THE MONTH

BENEFITS OF BARRE TRAINING

<https://www.wellnesswithsandy.com/post/barre-training>

THE GUT BRAIN CONNECTION

<https://www.wellnesswithsandy.com/post/the-gut-brain-connection-benefits-for-your-health>

Did you know that electrolytes allow proper functioning of your heart, muscles, and nerves while also maintaining acid-base balance and water balance? Everyday factors can deplete your hydration such as stress, heat, and illness, along with exercise. Poor hydration and electrolyte imbalances add unnecessary stress to vital organs like your heart and kidneys, while balanced electrolytes keep your body strong and energized and can help boost immunity.



Feel free to check out my Instagram page and my website for more information and updates!

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