

NATURE BOOSTS YOUR IMMUNE SYSTEM

My cousin Juliet says 'go into the garden and stay there until you feel better'. It always worked!

Go barefoot - you will be surprised at how much better you feel after your feet have been on the ground or grass for at least 20 minutes - or as long as you can.
Or go barefoot on wood in the house or tiles...earth yourself.

If you are in a city, find a park. Find a tree.
Find a small garden. Watch the clouds. Listen to the birds.

Weed. Plant something. Have a picnic.
Sit by the beach or a river. Go bushwalking.
Hike up a mountain or a small hill.
Watch a sunset or sunrise.
Lie on your back on the ground and look at the sky.
Listen to the silence - or - the sounds of nature.

Look at videos of majestic natural settings.
Or photos of them. Lose yourself in them.
Immerse yourself in it - imagine you are actually there.

Pets are part of nature! Spend time with your pet.

Nature heals us, calms us and boosts our immune systems.