



# UNIVERSITY OF EVANSVILLE Office of Counseling Services

## WELLNESS NEWSLETTER

April 2021

### Featured Quote:

*Look deep into nature,  
and then you will understand  
everything better.*

*-Albert Einstein*

### 5 Benefits of the Great Outdoors

**According to several [doctors](#) and [health professionals](#), being outside has a number of benefits for physical and mental wellbeing.**

**More Likely to Exercise:** Spending time outdoors increases the likelihood of physical movement, even if you do not regularly engage in rigorous exercise.

**Improved Concentration:** Being outdoors and spending time in physical movement can enhance focus and concentration. Give your brain a break and take in the scenery!

**Faster Healing:** Studies have shown that being outdoors not only helps us to heal more quickly but can also support healthy aging.

**The Happy Drug:** Increased Vitamin D levels and balanced hormones from being active outdoors in the sunlight can help elevate mood and improve your general sense of wellbeing.

**Heart Healthy:** Being outside, especially if you're moving and observing surrounding nature, can help reduce stress and blood pressure leading to a healthier (and likely happier) heart.

### The “Great Outdoors” are Closer than You Might Think

**Want to get out in the fresh air and sunshine, get off campus for a bit, but don't want to go too far? Below is a list of some local nature reserves and state/national parks to explore!**

1. Howell Wetlands (13 minutes from campus)
2. Wesselman Woods (7 minutes)
3. Audubon State Park (11 minutes)
4. USI Trail Loop (22 minutes)
5. Pigeon Creek Greenway (6 minutes)
6. Angel Mounds State Historic Site (15 minutes)
7. Harmonie State Park (39 minutes)
8. Hoosier National Forest (1.5 hours)
9. Shawnee National Forest (1.25 hours)
10. Chuck Crume Nature Park (1.75 hours)

### Happy Exploring!



### Featured App: Star Walk 2 (iOS & Android)

Want to change it up and head outdoors at night instead? This app identifies constellations, stars, planets, and more in an interactive map! Simply aim your phone camera at the sky and explore away!