



Nature and Animals Can Bring Us Rest, Clarity, and Peace of Mind

How many of us get the rest and rejuvenation that we need in order for our body, mind, and spirit to function at its best? If we listen our bodies will clearly tell us that we've let our work go too far and that now is a time to rest and rejuvenate. This is an area that I have been challenged with and I now practice listening to my body and its needs. Changing old patterns of behavior takes focus and practice but is well worth the health benefits you receive.

There is rest - like getting a full night's sleep. Then there is **Rest** - going outside and letting Nature wash you clean of the stress you've been under and the work you've been doing. If we take the time and listen to our bodies we will recognize when it is pulling at us to Rest!

What about you? Are you overworking yourself? Do you let yourself get enough real rest? Do you need some rejuvenation now? Or are you working so hard that you've forgotten about it? We do better in everything when we're rested and our minds are uncluttered. Our bodies function better, our minds are sharper, and we are more efficient and more creative.

What kind of nourishing rest and rejuvenation can you add to your life this week? It doesn't have to take up much time—it could be walking your dog, a nap with your cat, an hour curled up with your favorite book, gardening, going to the beach, watching the dolphins, going to the mountains, hiking, going for a drive, or just sitting outside watching the birds and flowers and thinking about nothing. Whatever it is, I invite you to try it and see if it adds to your creativity, productivity, or just improves your mood. I suspect it will.

My husband loves to walk our Golden Retriever. He renews his body, mind, and spirit while enjoying the beauty of nature around him. In addition it brings joy and happiness to our beautiful Retriever. Dogs are great walking companions and we can depend on them to remind us when it is time to lace up our sneakers and get out and enjoy nature. They are ready to walk when you are - unlike friends and family. If you don't have a dog then practice putting you and your health first, find something that works for you and give yourself the gift of rest and rejuvenation.

"The voice of nature is always encouraging."

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