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# THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER



## WELCOME

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Happy Spring! I hope everyone is enjoying the sun and warmth!  
Now is the time to get outside, get moving, and get out of the house! This newsletter will be focusing on getting out and enjoying the sunshine. Hopefully, you will find some new and creative ways!

### QUOTE OF THE MONTH

"Spring won't let me stay in this house any longer! I must get out and breathe the air *deeply* again"- Gustav Mahler

# UNCAGE YOURSELF

BY AMBER CHAPMAN, FAMILY CAREGIVER AND  
HEALTH PROMOTION SPECIALIST

We have been trapped inside long enough! We may not realize how much time we spend indoors, but according to a study sponsored by the Environmental Protection Agency, the average American spends 93% of his or her time indoors. 93%?! We must make getting outdoors a priority.

The sun, trees, flowers, and earth have so much to offer us. Not only does it ease our mind but also our bodies. There are so many different ways to enjoy nature and socially distance from others to remain safe.

Here are a few of my favorites

- 1. Shinrin-Yoku:** A Japanese term for Forest Bathing.  
**Click here to read what it is and how to do it!**
- 2.** Move your **morning routine outside** if possible! Have coffee, tea, or just morning meditation outside!
- 3.** Watch the **sunset!**
- 4. Listen** to the **birds.**

To find more creative ideas for spending time outside- check out this REI article.

**However you choose to get outside doesn't matter as long as you do it!**

**Click here for our website!**