



# EAP: In Focus

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Newsletter of your Employee  
Assistance Program

SPRING 2017



## Enjoying Nature

What can the EAP do for you?

- Confidential assistance to help you solve personal problems
- Free to all employees and their families
- Links to local agencies for other assistance
- 24/7 phone access to a professional counselor
- Help you resolve issues such as:
  - Marital
  - Family
  - Stress
  - Financial
  - Legal
  - Anxiety
  - Depression
  - Etc...

Just call  
**1-800-226-7930**

Have you ever taken a walk outdoors, and found yourself feeling peaceful and calmer? Yet in our busy workaday lives, if you are anything like me, you don't do it often enough. In our wired world, according to a Pew Research Center report, almost 21 percent of Americans say they spend time online "almost constantly". Along with more than half the world's population now living in urban centers, we do not spend enough time in nature, and miss the benefits to our health, happiness and creativity.

Nature offers one of the most reliable boosts to your mental and physical well

-being. One of the primary benefits is restored mental energy.

You know that feeling where your brain seems to be sputtering to a halt? Researchers call that "mental fatigue."

One thing that can help get your mind back into gear is exposing it to restorative environments, which, research has found, generally means the great outdoors. One study found that people's mental energy bounced back even

when they just looked at pictures of nature.

Studies have also found that natural beauty can elicit feelings of awe, which is one of the surest ways to experience a mental boost.

Research has shown significant improvement in stress response, boosted immune system, reduced inflammation and improved concentration. All this from immersing ourselves in nature as much as we can!

### Quotation Corner

Adopt the pace of nature: her secret is patience

Ralph Waldo Emerson

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# Synergy

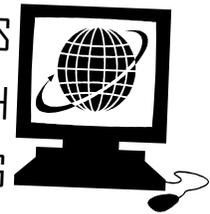
EAP Solutions

CHECK THESE OUT!!

WWW = WEB PAGES

WORTH

WATCHING



Multiple Benefits of spending  
time outdoors

Interesting article on the many benefits of  
spending time outdoors

<http://www.businessinsider.com/scientific-benefits-of-nature-outdoors-2016-4/#1-improved-short-term-memory-1>

## Let's play outside!

Enjoying the outdoors is something that children as well as adults can benefit from. It can be too easy to let screen time occupy our children, rather than imaginative child's play outside.

I've had to confront myself on practicing what I preach: it didn't work when I denied my child computer time while sneaking moments online myself while she played. Now I try to get all my digital-world tasks accomplished while she's at preschool or asleep — after all, vigorous outdoor adults are happier and healthier too. New research documents what most of us could guess: active moms

tend to have active kids (that particular study didn't look at the role of dads). They do as we do, not as we say. If you are excited about gardening, hiking, bird-watching, or outdoor projects like wood-working or basket-making, your enthusiasm will draw them out to engage in "parallel play" — kids will often create their own version of the



adult's activity nearby. This year my daughter, without any prompting, constructed her own "garden" by spreading some sand, fencing it with sticks and rocks "to keep the deer out" and finding her own seeds from wild and domestic plants. She enjoys the ritual of watering it daily, with a kid-sized watering can she dips in a bucket of water. Let your children's imagination bloom in creating their own play. Our children need to build confidence in their own ability to entertain themselves.