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# HEADliners

Wellness News for Cadets, by Cadets

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## FIGHT STRESS WITH NATURE

Let's Re-connect!



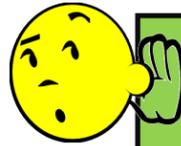
### Recognize Your Stress...What is it?

Stress is a mental or emotional strain/ tension resulting from adverse or very demanding circumstances. It usually occurs when our demands outnumber our resources or ability to manage the demands.

Here are some signs you might notice

Are you?

- Always Tired
- Prone to frequent headaches
- Having trouble focusing
- Having trouble sleeping
- Frequently getting colds/ infections



### Turn those ears on!

Clinical studies have proven that 2 hours of nature sounds a day significantly reduce stress hormones up to 800% and activate 500-600 DNA segments known to be responsible for healing and repairing the body!



The Chessie Trail!

Turned off to the Chessie? Try a walk as opposed to a ruck or run. Take some time to just look around!

Even if you're not stressed, here are...

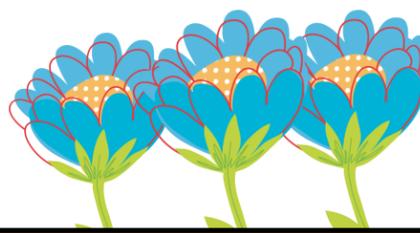
### 4 Reasons Why You Need Nature in your Life

1. *You're maximizing your Vitamin D absorption which is proven to improve blood flow, reduce a multitude of diseases and (of course!) elevate your mood.*
2. *Because your body works harder to receive oxygen indoors and in polluted areas, a stroll outside can literally work wonders like improving your blood pressure.*
3. *A study conducted by the University of Colorado proved that mycobacterium vaccae (a bacteria in soil) actually boosts your serotonin levels in your brain which work to put you in a more happy, positive mood.*
4. *Exercise that's associated with outdoor activity sets off the production of your body's endorphins, your brain's "feel-good" neuro-transmitters causing you to feel clear-headed, loose, and calm.*

Need some motivation? Try these age old techniques for mediation in nature



Is this the CHESSIE?!  
It's picture perfect!



### Only Got 5?

Take a short walk, just five minutes of exercising in nature is said to improve your mental health!

30 minutes or more?

Study outside!

Students who study in a nature infused setting prove to have increased memory and attention.

### Can't Get Out? Bring it in!

An environmental health clinic at NYU encourages their patients to keep plants in their homes, look at pictures, and listen to nature sounds throughout the day  
*In cases where people can't*



### April / May Events

- ★ **Spring FTX: 3/31- 4/4**
- ★ **Easter Furlough: 4/14- 4/16**
- ★ **Last Day of Classes: 5/4**
- ★ **Exams: 5/6- 5/11**
- ★ **4/C FTX: 5/11- 5/13**
- ★ **Commissioning: 5/15**



- \* Sit quietly, and alone. Engage your senses.
- \* Use visualization— imagine yourself in another peaceful place. Nature sets the perfect stage for this.
- \* Use your breath! Breathe deeply in and out for an extended period of time as a calming effect.
- \* Journal, whether it's a page or 2 sentences, your mind will be naturally acclimated and engaged