

Your physical environment impacts your wellbeing!

A combination of indoor and outdoor set ups is important for Family Day Care environments. Children enjoy the flow of the different spaces, and love to explore both built and natural resources. Getting outside for some Vitamin D and fresh air is essential for not only the children's wellbeing but also Educators!

For indoor spaces, ensuring the area is well ventilated, has adequate natural light and is kept at a comfortable temperature will have a positive impact on your health.

Indoor and outdoor environments offer significantly different yet complementary experiences and should be given equal focus and attention (Page 94, Guide to the National Quality Standard).

To keep the body in good health is a duty. Otherwise we shall not be able to keep our mind strong and clear.
Buddha

'Getting fresh air can make you feel happier. The amount of serotonin you produce is affected by the amount of oxygen you inhale. Serotonin can significantly promote a sense of happiness and well-being and lighten your mood. Fresh air helps you to think better. It also increases your energy level. Our brains need twenty percent of the oxygen we breathe. More oxygen equals more clarity, concentration, and energy.'

<http://www.crazybusyhappyhappylife.com/get-outside/>

Don't forget: Your body and mind work together. When your body feels good, your mind feels good!

Feeling the warmth of the sun on your skin and taking a breath of fresh air is rejuvenating! There are so many benefits for you physical and mental wellbeing:

- Reduced stress and depression
- Improved sleep
- Greater energy
- Greater overall health

OPEN YOUR WINDOWS, PULL BACK THE CURTAINS AND GET OUTSIDE WHENEVER YOU CAN. TAKE A MOMENT TO CLOSE YOUR EYES AND SHOW GRATITUDE TO THE FREE HEALING POWERS OF NATURE.

Consider adding indoor plants to your environment to benefit your health.

Not only do they make your environment look good, they are proven to:

- Improve air quality by filtering out toxins
- Absorb Co2 and keep oxygen flowing
- Create a relaxed ambiance
- Reduce humidity

