

# Ivy Be Well & Fit

## WHAT'S IN THIS MONTH'S ISSUE:

- Mental Health Awareness Month: Benefits of Nature
- Paws 'N Relax
- Wellness in the Park, Spring Hikes, Salsa Recipe, and more!

## Connecting with Nature: A Natural Boost for Mental Well-being

Spending time outdoors offers a wide range of mental health benefits. From reducing stress to improving focus and emotional resilience, immersing yourself in nature can have a powerful, positive impact on your overall well-being. Here's a closer look at how nature supports mental health:

- **Stress Relief and a Sense of Calm:** Simply being in a natural setting—whether a forest, beach, or city park—can help reduce stress hormones and lower blood pressure. The peaceful atmosphere encourages relaxation and mindfulness, giving the brain a break from constant stimulation and worry.
- **Elevated Mood and Better Emotional Balance:** Nature has a way of lifting spirits. According to the Mental Health Foundation, spending time outdoors can spark feelings of joy, creativity, and calm. It also helps manage tough emotions like anxiety, anger, and loneliness. Increased exposure to sunlight and greenery can boost serotonin levels, a key player in mood regulation.

- **Sharper Focus and Mental Clarity:** The Canadian Psychological Association notes that time in natural environments can enhance memory, concentration, and problem-solving skills. Nature acts as a reset button for the brain, helping to restore attention and improve mental clarity. It also supports better sleep by helping to regulate the body's internal clock.
- **Additional Perks of Outdoor Time:** Engaging with nature encourages physical activity and promotes social connections, both of which are beneficial for mental health. For children especially, nature play supports both cognitive and emotional development, enhancing learning and resilience, as highlighted by the Australian Institute of Family Studies.



# Paws'N Relax

May 5 and 6

11:00 – 1:00

Koch Student Center

Feeling stressed out?  
Take time to paws and  
relax to help relieve  
tension.

@ivytechwellandfit



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## Wellness Fair



## National Bike Month

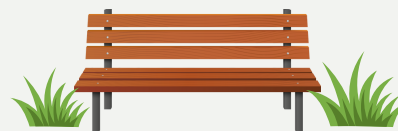
If you don't own a bike, try BikeShare or a ride a stationary bike in the fitness center.

### Benefits of Cycling

- Environmentally-friendly
- Low impact exercise
- Strengthens your legs
- Improves mental health and wellbeing
- Improves lung and heart health
- Cycling saves time compared to walking or jogging
- Helps grow your social circle as you're likely to participate in bicycle clubs or group rides



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## WELLNESS IN THE PARK

Come spend a beautiful day outdoors with us—enjoy fun activities, music, sound healing, snacks, pet therapy, exciting giveaways, and even a chance to hit the trails for a relaxing hike. Open to Ivy Tech students, employees, and family/friends.

**SATURDAY, MAY 17**

**10 AM - NOON  
BURDETTE PARK**

(JUST PAST THE PLAYGROUND IN FRONT  
OF UPSIDE DOWN HOUSE)  
**MUST REGISTER ONLINE**



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# Spring Hikes

## Audubon Wetlands

Saturday, May 10, 10 am

(Hosted by John James Audubon State Park)

## Pigeon Creek Greenway, Midlevel Corridor

Sunday, May 18, 2 pm

Meet: Greenway Trailhead behind Garvin Park

(Hosted by Evansville Trails Coalition)

## USI-Burdette Trail

Saturday, May 24, 10 am

Meet in parking lot of USI Broadway  
Recreational Complex



## CHUNKY SALSA

RAISE YOUR HAND 🙋 IF YOU LOVE CHIPS AND SALSA

Here are the deets:

- 2 plump tomatoes, diced
- 1 cup fresh pineapple, diced
- 1/2 - 3/4-cup black beans, drained and rinsed
- 2 jalapeno peppers, diced
- 1/2 cup finely chopped red onion
- 1/3 cup chopped cilantro
- 1/4 cup chopped green onion
- Juice of one lime
- Salt to taste
- Optional: 1/2 - 3/4-cup corn
- Stir all the produce and herbs together then add lime juice and salt
- Store in fridge for 30-45 minutes to let juices settle and allow flavor to pop out
- Serve with lime tortilla chips or whatever your fav is



## May Wellness Calendar

## Explore Tri-State Trails & Parks

## Indoor Cycling Video - Italy

Come try it out on our Smart TV!



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FOR MORE INFO VISIT: