

Happiness in nature?

Have you ever thought of taking a nice walk in the great outdoors and escape your home's urban towns or cities. Go on a walk let you get nestled into the grass. Count the seconds it takes for the clouds to move out of your sight. Stretch those limbs and take a deep breath. Go on a run, walk or anything just try keep your body active.

Looking at your devices, all day will cause pain in the spinal areas. But being active in nature in the day will boost your mood. You may go on a run, walk or anything just don't stare your screen all day.

Make sure you dress appropriately for the weather. In spring peel your eyes open and take in the wonderful trees. On a snowy day wrap up and make a snow angel or a snowman or snowwoman or have a snowball fight. In the summer, sun bath or play some sports like cricket or football.

by Aldiniah