

Why walking in nature is medicine for the mind



and the view of flowers and trees all contribute to the relaxation of the brain. Being in a green area already makes a huge impact on our well-being. Many people say that after spending time outside, they feel lighter, happier, and refreshed.

One of the greatest advantages of walking outdoors is stress relief. Being surrounded by greenery slows our breathing, supports our heart rate, and relaxes the body. The brain feels safe and relaxed. Research indicates that exposure to green spaces reduces the cortisol level, the stress hormone. This makes us more balanced and peaceful.

Walking also benefits the brain. It increases blood flow and brings more oxygen to the brain, which clears the mind and improves concentration, and natural mood enhancers that reduce sadness and worry. Individuals who walk outside tend to feel more emotionally

and mentally stable.

The most important advantage is improved sleep. Natural light regulates our body clock. As we walk outside during the daytime, particularly in the morning, we find it easier to sleep at night. Healthy sleep enhances memory, concentration, and mental health.

Nature also gives the mind a break from continuous information. We get emails, texts, social media, and noise every day. This constant input can make the brain weak. But nature is slow and silent. Nature lets us stop and recharge. This is called "attention restoration." After a walk in nature, most individuals report feeling more alert and clear-headed.

Nature walks also increase creativity and awareness. On a walk outside, we observe tiny things, leaf colours, cloud shapes, or the movement of wind, and it is easy and cost-free. You don't require any

expensive stuff or a special wardrobe. You just need some comfortable shoes and a bit of time. You can walk in a park, a footpath, a back street, or even a community garden. The advantages are the same.

Even daily walks for 20 to 30 minutes can make a difference to your mental health in the long run because they allow us to enjoy the moment and forget our problems. Some walk silently to calm, while others listen to music or podcasts. Either way, the experience energizes the mind. A walk in nature is a soothing, amazing way to take care of your mental well-being. It eliminates stress, enhances sleep, boosts mood, and clarifies thought. It's free and doesn't need any equipment. So, the next time life is too much to handle, go outside and let the natural world soothe your mind.

- Sandeep Singh, Founder,
Rubystone Hospitality

With our hectic, screen-dominated lives, people are stressed, fatigued, or mentally drained. We spend hours inside, looking at phones or computers, sitting at a desk, and running from one activity to the next. With time, this becomes damaging to our mental health. It is likely to cause anxiety, disturbed sleep, low

mood, and fatigue. However, there is a very easy and natural solution to improve how we feel: walking in nature.

Walking outdoors is not only a type of exercise. It relaxes the mind, heals it, and makes it feel calm and peaceful, which urban living usually cannot give. The sound of bird chirping, the smell of fresh air,