

Your Outside Mindset

By Verla Fortier

Nature's Gift: A Wedding Speech Inspiring Millennials' Well-being

At my son Max's wedding to Sarah, as the mother of the groom, I found myself delivering a speech that unexpectedly resonated with the entire audience, particularly the younger generation. Reflecting on the impact, I realized the relevance of the message beyond the wedding celebration and wanted to share it with a wider audience, especially seniors in my community.

Recalling a childhood memory with Max, I recounted a moment when, as a Grade 1 student, he asked me "Mommy where is normal?" I was distracted and answered "I don't know, you tell me." After a minute or so he said, "I think it's out in the middle of the lake somewhere."

I said if I asked him the same question today, he

would likely say "normal" is anywhere in the world, preferably outdoors in nature and always with Sarah.

During Max's early years, he enjoyed lying on the ground, gazing into tree branches, and calling the dancing light "angels."

Fast forward to the wedding day, many of Max and Sarah's friends told me how much my speech reminded them of their precious childhood memories at lakes, rivers, with trees and in nature. My speech really connected with the 20 to 30-year-olds – a demographic deeply immersed in careers and technology – and made them remember nature's significance in their young lives.

This highlighted for me that not only do I need to share this outside mindset message with my generation, but it is just as important for the younger generation. So following the wedding and on my podcast Your Outside

Mindset, I shared personal insights gained from battling lupus, urging this younger generation to incorporate nature and green spaces into their daily lives. In collaboration with Max and Sarah, currently residing in London, I compiled seven compelling reasons for spending 20 minutes daily outdoors:

Reduce Worry: Green spaces alleviate rumination, breaking the cycle of fearful thoughts and promoting better mental health.

Enhance Clarity and Well-being: Outdoor environments facilitate a light, easily shifting focus, restoring attention and cognitive function.

Immediate Stress Relief: Nature's patterns decrease stress by up to 60 per cent providing quick relief in your mind and body at the same time.

Longevity: Studies show that regular exposure to green spaces can increase lifespan by eight to 12 per cent.

Resilience Building: Green spaces contribute to faster recovery from stress, fostering resilience in facing life's challenges.

Emotional Regulation: Spending time outdoors helps balance and regulate emotions, promoting a sense of well-being.

Improved Mood and Self-esteem: Just five minutes in green space positively affects mood, self-esteem, and helps prevent/manage chronic illness.

Summarizing these benefits, I emphasized the profound impact of green spaces on physical health and well-being. These findings were shared in more detail in my book, *Take Back Your Outside Mindset*.

set, where I highlighted the transformative power of embracing an outside mindset. Personal experience taught me to turn the darkness of a lupus diagnosis into joy and light by immersing myself in green spaces. I encourage you and yours to step away from your screens to spend a few minutes in nature, and embrace the positive changes it brings.

So my message goes beyond a wedding speech, and I hope serves as a reminder to all age groups about the essential role of nature in creating a healthier and more balanced life.

– Verla Fortier is a retired nursing professor and registered nurse with a Master's in Health Science from the University of Toronto, an author,



podcaster and speaker. Medical treatment for disease and treatment should be discussed with a medical professional. The preceding information is intended to provide general guidance on matters of interest for the reader, who accepts full responsibility for its use. It should not be used as a substitute for professional consultation.

Sunrise recruitment expo April 4

Sunrise School Division is hosting a teacher and support staff recruitment expo in Beausejour on April 4.

The expo held at the Sunrise Education Cen-

tre, located at 344 Second Street North in Beausejour. Two sessions will be held – from 9 a.m. to noon and again from 4-8 p.m. – which will allow

prospective educational staff the opportunity to learn about the division's educational culture and the career opportunities being offered.

The intention was initially to highlight teaching positions within the division, but Sunrise soon realized that there was far more potential for the event as they are also recruiting bus drivers, mechanics, custodial staff, education assistants and various administrative positions including casual and spares.

Tied into the expo were one-on-one interview opportunities conducted with staff. Those interested in joining the Sunrise team are encouraged to bring a resume.

In the past, much of these job interviews would be conducted in Winnipeg in much more clinical settings. They decided on combining them with the expo to allow prospective staff a chance to meet and speak with many Sunrise personnel and get a glimpse of the division as a whole.

To book and interview in advance, email hr@sunrisesd.ca

PUBLIC NOTICE NOTIFICATION DU PUBLIC

PROPOSED ROGERS 90 METER WIRELESS TELECOMMUNICATIONS GUYED TOWER INSTALLATION

The proposed installation is composed of a 90-meter guyed telecommunication tower.

Legal: DESC NE 2-17-13 EPM

Objective: To improve wireless coverage to your community along Public Road 315 in the area of Bird River Camp, for both businesses and residential areas, and to meet rising demands for wireless services.

Details: An equipment shelter will also be installed at the base of the proposed tower and the entire site will be surrounded by a security fence with a locked gated access point.

The public is invited to provide written comments to Rogers by the end of day on **April 28, 2024** to the contact information shown below. Please include a return address.

Tower Installation Project / Projet d'installation de tour :
Reference: W6734 Bird River Camp

**Rogers Communications Inc.
c/o Evolve Surface Strategies Inc.**
Unit A, 2151 Portage Avenue
Winnipeg, MB R3J 0L4
T: 1-888-912-2640
E: comments@evolvesurface.com

Land Use Authority contact:
Karen Wiebe
Planning Clerk
Rural Municipality of Alexander
Box 100
St. George, MB R0E 1V0
T: 204-367-6160
E: planningclerk@rmalexander.com

EMPLACEMENT PROPOSÉ PAR ROGERS POUR L'IMPLANTATION D'UNE TOUR HAUBANÉE D'ENVIRON 90 MÈTRES DE HAUTEUR

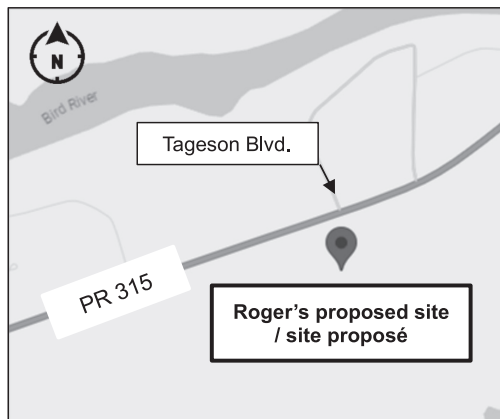
Le site de télécommunication proposé sera composé d'une tour de type haubanée d'une élévation hors-tout d'environ 90 mètres.

Légale : DESC NE 2-17-13 EPM

Objectif : Améliorer la couverture sans fil de votre communauté le long de la route publique 315 autour de Bird River Camp, tant pour les entreprises que les zones résidentielles, et pour répondre à la demande croissante de services sans fil.

Détails : Un cabinet d'équipements sera aussi aménagé à la base de la tour et l'ensemble du site sera ceinturé d'une clôture de sécurité et d'une entrée verrouillée.

Les citoyens sont invités à soumettre leurs commentaires à Rogers, avant la fin de journée à la **28 avril 2024**, soit à l'adresse indiquée (avec une adresse de retour).



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www.mssociety.ca