



# FALL IN LOVE

Embracing Nature for a  
Happier You



SEPTEMBER 2024 | HEALTH HUB





# WHY NATURE ROCKS

“LOOK DEEP INTO NATURE, AND THEN YOU WILL UNDERSTAND EVERYTHING BETTER.” ALBERT EINSTEIN

There’s something profoundly magical about stepping into nature—I can feel a shift within me the moment I step outside, hear the rustling leaves, or breathe in the crisp, clean air of a fall morning. Nature, in all its profound simplicity, rocks. It’s not just a sanctuary for the body but also a healing balm for the soul.

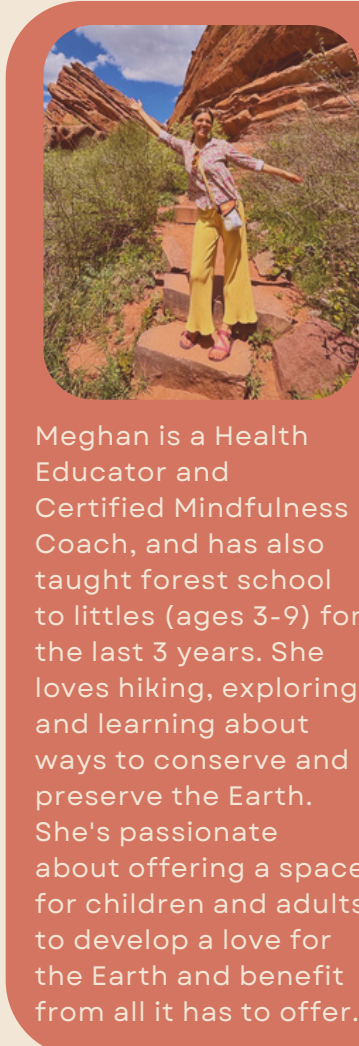
Healing, as I have discovered, comes in layers. It’s not always apparent until you take a moment, pause, and reflect on how far you’ve come. For me, those healing moments often have their roots deep in nature’s embrace. The natural world is a treasure trove of tranquility, offering us an antidote to the hustle and bustle of everyday life.

Why does nature hold such power? For starters, it encourages us to slow down. In a world that’s constantly moving fast, nature demands nothing of us but presence. Whether it’s the whisper of wind through trees, or the vibrant, ever-changing palette of a sunset, these experiences ground us in the present moment. When we are present, our minds can rest, and our spirits can recharge.

Studies have shown that exposure to natural environments reduces stress, lowers blood pressure, and boosts mental clarity. It’s no coincidence that whenever I return from a hike, a weekend camping trip, or even a simple walk in the park, I feel more centered, calm, and ready to tackle the challenges ahead.

Nature’s ability to heal goes beyond just mental and emotional wellness. It’s physical as well. Movement becomes a joy when it involves fresh air, a scenic trail, or a mountain stream. Instead of being a chore, exercise in the great outdoors feels like play.

My own journey with nature isn’t always about grand adventures. Sometimes, it’s the little moments that are the most healing: watching the sun rise from my front porch, feeling the warmth of midday sun on my skin, or listening to the symphony of birds outside my window. These moments remind me of the interconnectedness of life and the importance of finding balance and harmony within myself.



Meghan is a Health Educator and Certified Mindfulness Coach, and has also taught forest school to littles (ages 3-9) for the last 3 years. She loves hiking, exploring and learning about ways to conserve and preserve the Earth. She’s passionate about offering a space for children and adults to develop a love for the Earth and benefit from all it has to offer.

As September rolls in, I encourage you to find your own path in nature. Whether it’s a serene walk in your local park, an invigorating hike, or simply sitting under a tree with a good book, let nature work her magic.



# ODE TO SEPTEMBER

THROUGHOUT SEPTEMBER, CONNECT TO YOUR ENVIRONMENT AND THE CHANGING SEASONS THROUGH PARK RX!

September brings with it a symphony of transformation and serenity. The Wasatch Mountains stand tall, their peaks kissed by the first hints of snow, while their slopes blaze with the fiery hues of aspens and maples turning gold, crimson, and amber by mid-month.

The crisp air carries the scent of fallen leaves, mingling with the earthy aroma of pine. The gentle rustling of leaves underfoot becomes a soothing, rhythmic accompaniment to the day's adventures, whether it be hiking through the aspen trees, exploring a local park like **Dimple Dell**, or simply wandering around your neighborhood to observe the changes.

As the harvest season brings delights like pumpkin patches, apple orchards, and towering sunflowers— don't miss the events at Wheeler Farm, like their Pumpkin Days starting September 27th and Farmer's Market every Sunday through October 13th. Join USU for a **Wheeler Farm Nature Walk** or our **Evening Sound Bath** at the Activity Barn on October 1st.

As the days grow shorter and the nights colder, the skies above Utah offer a canvas of stars, clear and brilliant. Join us at Wheeler Farm with Clark Planetarium for **Farm & Sky** and **Farm & Sun** Events in September.

September in Utah is a time of reflection, a reminder of the cyclic nature of life, where each ending is but a prelude to another beginning. To usher in the autumn season, join us for our **Labyrinth Walk & Trash Clean Up** at the Jordan River Peace Labyrinth, to connect with both your internal and external environments.

From September 6th to October 21st, take advantage of our Park Rx program, and embrace the outdoors for health and happiness. Expand your nature appreciation & knowledge with our **How to Connect to Your Environment Workshop** and our **Forest Foraging Walk**.

September is a month that invites us to pause, to breathe in the fresh air, and to marvel at the fleeting beauty of change.

## AUTUMN PLAYLIST

Some cozy songs that evoke the feeling of September, as well as our August Wellcast all about Forest Bathing.

"September Song" by Frank Sinatra

"September" by Earth, Wind & Fire

"Autumn Leaves" by Nat King Cole

"Harvest Moon" by Neil Young

"September Grass" by James Taylor

**AUGUST WELLCAST:**  
**FOREST BATHING**



# SENSATIONAL SENSES

In our Park Rx program, we dive deep into the healing powers of nature by focusing on our senses through a series of weekly Mindful Moments and Scavenger Hunts. Nature healing is not just about being outdoors but truly connecting with the environment using all our senses – sight, sound, smell, taste, and touch.

## LISTEN

The rustle of leaves, the chirping of birds, and the flowing of nearby streams can create a symphony of sound. Try a nature sound meditation. Find a serene spot outside and close your eyes. Focus on every sound around you and let them wash over you, calming your mind.



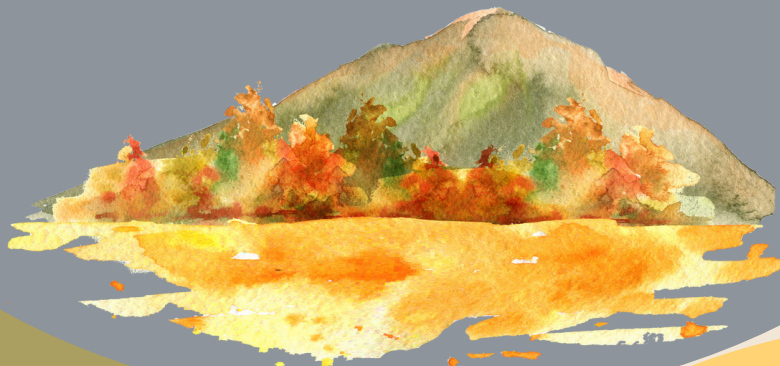
## TOUCH

Feel the varying textures of nature. Touch the rough bark of a tree, run your hands through cool stream water, or lie on the soft grass. Feel the difference between smooth pebbles and jagged rocks. Touching natural elements grounds us and strengthens our connection with the Earth.



## SIGHT

Nothing soothes the mind more than taking in the beauty of nature. In September, Utah's foothills and canyons provide stunning vistas. Bring along a notebook with some colored pencils or watercolors, or a camera to capture the colors and patterns that catch your eye.



## TASTE

Embrace the seasonal harvest of local farms. Apples, squash, pumpkins, and other autumn fruits and vegetables are at their prime. Visit a local Farmers Market and pick some fresh produce. Try making a hearty vegetable stew or a delicious apple pie. Join us for our Foraging Walk in September to learn more ways to (safely) engage your taste through nature.



## SMELL

Pine trees, fallen leaves, and late-blooming flowers create a fragrant tapestry during September. Walk around your local park or favorite trail, and inhale the scents of the season. You can even bring some of these scents into your home through essential oils or dried herbs.

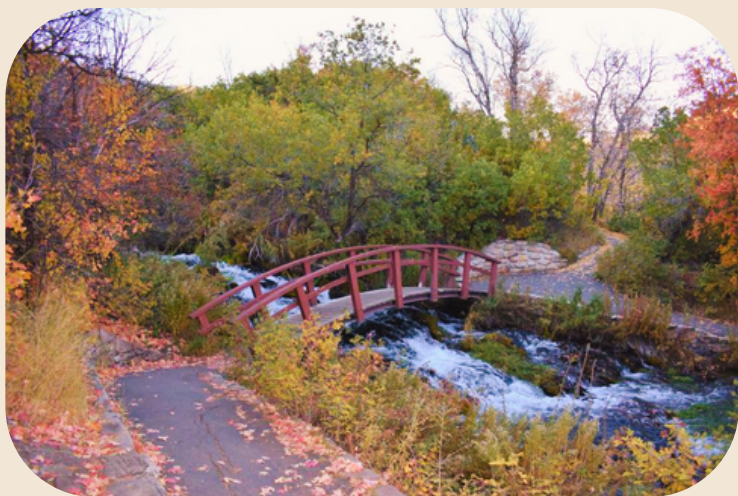


“IN EVERY WALK WITH NATURE, ONE RECEIVES FAR MORE THAN HE SEEKS” - JOHN MUIR

# TAKE A HIKE! (OR DRIVE)

READY FOR AN UNFORGETTABLE FALL ADVENTURE?

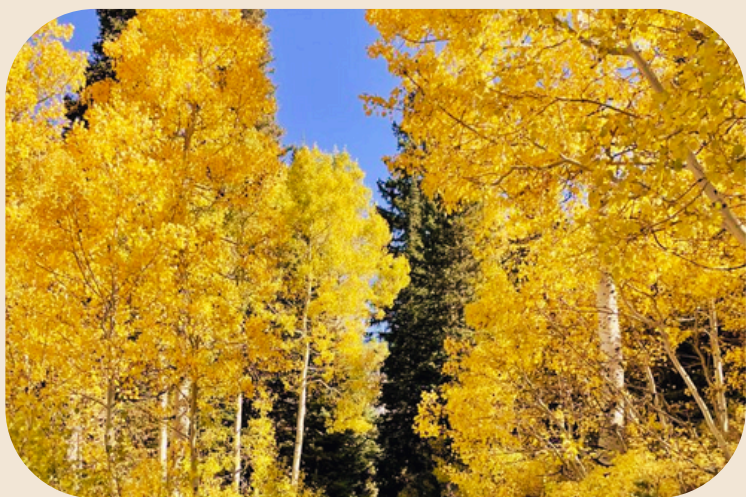
HERE ARE SOME OF MY FAVORITE FAMILY-FRIENDLY HIKES (AND SCENIC DRIVES) IN UTAH.



Cascade Springs  
Midway, UT



Bell Canyon Reservoir  
Sandy, UT



Observation Point Trail  
Little Cottonwood Canyon



Willow Lake  
Big Cottonwood Canyon



Alpine Loop Scenic Drive



Mirror Lake Highway Scenic Drive

As we immerse ourselves in the splendor of September, let's remember the strength and serenity that nature offers us. Here's to exploring, sensing, and healing in nature together!