



The Gift of Perspective  
Life Coaching by Karen

FEBRUARY 22, 2021

# The Gift of Perspective

WEEKLY NEWSLETTER



## INSIDE THIS WEEK'S ISSUE:

---

*Fresh Air & Sunshine IS Food!*

**Take a listen to me on podcast  
"Flushing It Out with Samantha  
Spittle" Episode 58!**

*Live in the sunshine, swim  
the sea, drink the wild air.*

*-Ralph Waldo Emerson*

## I'm over winter...

Karen McKeVitt • Life Coach

If you're basically anywhere except Florida, you've been impacted by the harshness of winter. Even in Texas where they've not had power and freezing temps, it's just a horrid situation. We have family in Houston, so we are very focused on the daily events there.

We're nearing the end of February and I'm no matter where you are, you're ready to ditch this thing called winter in hopes of more promising weather.

That's why I wanted to focus on fresh air and sunshine this week. You'll read more about it below, but it's time to start opening the windows to clear out the funk. Get outside when you can to get that sunshine and Vitamin D!

Us dog walkers really haven't had much of a choice! But it's so much better in daylight.

I can truthfully say I know I've been in a funk. The combination of winter blues plus cold weather... let me just tell you I'm ready for a vacation to warmer climates. Can't get away just yet? Close your eyes and think of a warm setting (I like the beach, under an umbrella). Think of the waves crashing a few feet ahead and feel the warmth on your skin.

We might not be in warm weather, but we can certainly get a few stress relieving feelings in while we can, right?



## **Fresh Air & Sunshine IS Food!**

We're here to let you in on a little secret! There are 3 super potent vitamins that are crucial for our health and wellness, yet they're often overlooked! Can you guess what they are?

I'll give you a clue: They're all around you, don't cost a dime AND are accessible at any time of day...

That's right! I'm talking about nature, fresh air and sunshine!

**But first, why am I talking about nature, fresh air and sunshine as vitamins?**

I'm glad you asked! Let me explain...

We are so conditioned to think that vitamins are something manufactured in a lab and labeled for purchase in a store that we forget to open our eyes and look all around us. Vitamins are everywhere!

Nature itself is a multi-vitamin, but it's often the last thing we turn to for our vitamin fix simply because we aren't conditioned to think of it as, well, nutritious! But it is... so hold tight while we go into more detail...

**So what are my 3 most underrated yet most potent vitamins?**

1. **Vitamin N = Nature**
2. **Vitamin FA = Fresh Air**
3. **Vitamin S = Sunshine**

Never heard of them before? Well, don't worry! Now you have!

Did you know that instead of exploring the great outdoors, the average American spends most of their time stuck in stale offices and dark living rooms?

Even kids today spend 7 hours more on academics and 2 hours less on sports and outdoor activities per week than they did 20 years ago? Not to mention these stats are pre-pandemic! I'm sure we won't be surprised to see the changes in stats when they're released down the line.



Unfortunately, all this indoor living is devastating our health.

Research shows that children who get more "vitamins N, FA and S" have lower stress levels, more success in school, and fewer ADHD symptoms. Adults who exercise and socialize more in nature are happier people all around!

We all know that simply being in sunlight triggers our skin to make Vitamin D (also known as the "sunshine vitamin"). Research has linked low Vitamin D levels with depression, obesity, diabetes, cardiovascular disease, autoimmune disease, osteoporosis and cancer.

To make sure you have enough Vitamin D, be sure to get at least 15-20 minutes outside WITHOUT sunscreen. Why? Because sunscreen (high and low SPF factors) prohibits the body from making vitamin D by 95%.

So in light of all this, it is so important to get outside and get lots of nature (Vitamin N), Fresh Air (Vitamin FA) and sunshine (Vitamin S) - these are super potent forms of food for our bodies!

### **How can I get more Vitamin N, Vitamin FA and Vitamin S?**

- Make outdoor adult play mandatory - splash in puddles, throw snowballs, pack a picnic or catch fireflies.
- To avoid the typical 3 p.m. slump, take a 10-15 minute walk outside and drink in the fresh air instead of coffee.
- Try gardening! Getting your hands in the dirt is actually good for you - there's a strain of bacterium in soil (*Mycobacterium vaccae*) that has been found to trigger the release of serotonin, which in turn elevates mood and decreases anxiety. No wonder kids already know that digging deep in dirt makes them happy!
- Move your kitchen outside! Fire up the grill and make fun creations like fruit kabobs, or if you have kids, let them personalize their meats by brushing on sauces before cooking.
- Sleep under the stars! Even if camping without a bathroom isn't for you, you can pitch a tent or put up a hammock in your backyard!

### **What do I do now?**

If you want to talk more with me about fun ways to get more of these natural, abundant and potent vitamins in your life, click below to schedule a time to chat!

To your health!  
Karen