



Care for Yourself with Time Outdoors

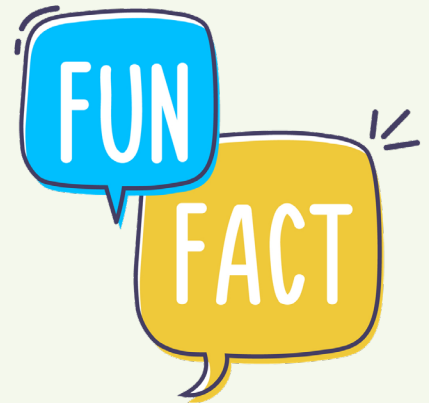
Time in nature isn't just refreshing—it's a boost for your well-being. According to a Harvard study, spending 20 minutes outside can help decrease stress. So, prioritize self-care by taking some time to enjoy the beauty found across Washington state. Explore Washington's public lands for free with your library card. The *Check Out Washington* program lets you borrow a Discover Pass from your local library at no cost. [Learn more at Discover Pass](#) or visit [Washington State Library](#).

Free Discover Days:

- Sept. 27 – National Public Lands Day
- Oct. 10 – World Mental Health Day
- Nov. 11 – Veteran's Day

*“Caring – about people, about things,
about life – is an act of maturity.”*

– Tracy McMillan



FUN FACTS AND STATS

There are more than 5,500 adult family homes in Washington.

Washington is the second largest wine producing region in the country and provides 75% of the country's hops for beer.



Washington grows more cherries and red raspberries than any other state.

Part of Hell's Canyon is in Washington state and is actually 2,000 feet deeper than the Grand Canyon!



Have a great strategy or personal experience to share?

Send us your tips and stories to be featured in *Caregivers in Action*!

Email: [Stephanie Marko](#)



Taking Care of You

Many people love the warm weather because they can go barefoot. Did you know that being barefoot outside has health benefits?

The practice of “earthing” or “grounding” is being barefoot outside and can have positive impacts on your physical and mental health. Some of the benefits of a barefoot walk in the grass include:

- Improved sleep
- Stress reduction
- Reduced pain and inflammation
- A calming effect that lowers anxiety
- Better circulation
- Connecting with nature
- More creativity

Try getting in 30 minutes of “earthing” and enjoy the benefits while we have great weather.

August 30th is Grief Awareness Day

Many caregivers will navigate the grief of losing a loved one or a client they are caring for. Caregivers may also be helping someone who is grieving their loss of independence, their physical abilities, or cognitive abilities. This type of grief isn't often talked about. It can cause the same feelings as other losses.

A loss of independence can often show up as sadness, depression, frustration or anger. It is okay to talk about this grief. It can help a grieving person to be gentle with them and let them know all those feelings are normal. There is help that might benefit people experiencing grief. There are online help forums, telehealth counseling, and in person supports.

The Community Living Connections might be able to help: [Washington State Community Living Connections](#). Or call toll-free 1-855-567-0252.



Share Your story to be featured in *Caregivers in Action!*

As summer is coming to an end, we would love to hear how you have been enjoying the outdoors. Do you have something to share?

Email: Stephanie Marko

