

Enjoying the great outdoors at Loose Valley Care Home



Here at Loose Valley Care Home we love to be outdoors whenever we can, so with the warmer weather on the way we've been excited to get back outside.

Fresh air and the **scents of flowers** are proven to help relieve stress and anxiety; oxygen is thought to affect the body's levels of serotonin and in turn contribute to **feelings of happiness and relaxation**.

Plants such as lavender can help relieve insomnia, where as jasmine can help boost your mood, along with the smell of freshly cut grass, rosemary, and peppermint.

So, whether it's a trip to our local garden centre, park or just a walk around our garden, immersing ourselves in the great outdoors will help **put a smile on our faces** – as you can tell from the smile on June's face after we went flower picking in our grounds and made a beautiful arrangement for her bedroom.