

Nature-bathing

The crux of our being, which is a deeply powerful matter, tends to get worn-out at times, and the only way to refresh the tired soul is to be as close to natural surroundings as possible. The lushness of nature is like a soothing balm for our inner depths. And I can safely vouch that the luxuriance of mother earth has healing powers that act as a catalyst to enliven both our mind and body.

There are times when I am overworked or stressed, and for a relief, I picture myself on the sandy beach of Teknaf, waves crashing in and out, tickling my feet, or walking along the abandoned rail line in Lawachara National Park; just visualising nature brings a sense of calm and quietness in me — it's something indescribably serene, and



encourages a deep sigh in me and gives me a feeling of instant relaxation.

Walking barefooted on dewy grass, passing your hands over the blooming jasmine bough or stopping to smell the mild whiff of the frangipani scent in the air, or simply feeling the warmth of the sun beating down on your body, the smell of rain in the air, the claps of thunder; all these satiate our senses, making us feel alive.

This is all quite intuitive to most human beings; we crave nature. Being stuck at home and maintaining social distancing can be tiresome and irksome, this is exactly the time when we need to be as close to nature as possible and engage in eco-therapy or nature-therapy.

Societal stress associated with living outside of a natural environment most often make people long to go to the green villages on the outskirts of Dhaka, to spend



weekends in green resorts, or just spend time walking in nature. These breaks from city life drudgery leave a profound impact of calmness in our physiologic functions and mental health associated stressfulness. It also helps us to heal our weakened immune systems.

Ramna park, Gulshan park, Baridhara park, Uttara sectoral parks are lovely spaces for brisk walks. If you are lazy like me and do not

go for regular walks, at least try once or twice a week to take walks in public parks near your home, for as little time as 15 minutes. People watching is fun too, collecting dry flowers, cones and leaves are great for any Do it Yourself projects.

Go to the nearest national parks or open spaces like Satarkul, 100 feet, 300 feet, Poddoo



Beel, Zinda Park and arrange a fun weekend outing there.

My pet peeve is to walk through nurseries; the mixing of the soil with compost or manure, the tiny sapling heads peeking out of the soil, the earthworm helping the soil to aerate, happy plants smiling up to the sun, the gardeners repotting or mixing fertilisers; I love all these activities. It fills my soul with hope and happiness. Just decorate your house with more plants, surrounding yourself with green is a great way to stay happy and is a form of proven nature therapy!

During the pandemic, if you cannot go out, then bring the outside inside your home and enjoy. Eco-therapy, nature therapy and nature-bathing are the mantra of these hard times and key to keeping sane.

— RBR

Photo: LS Archive/ Sazzad Ibne Sayed

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Social events will be successful. Look into exercise programmes. Decide what needs to be done. Your lucky day this week will be Wednesday.



TAURUS
(APR. 21-MAY 21)

Be prepared for rewards from past good deeds. Lend an ear to a friend. Re-evaluate your motives. Your lucky day this week will be Wednesday.



GEMINI
(MAY 22-JUN. 21)

Do things with family. Your emotional requirements can be unrealistic. Consider volunteer work. Your lucky day this week will be Tuesday.



CANCER
(JUN. 22-JUL. 22)

Take care of issues at hand. Avoid overloading your plate. Physical activity will help with frustration. Your lucky day this week will be Tuesday.



LEO
(JUL. 23-AUG. 22)

Look into long-term investments. Eliminate disadvantageous situations. Don't be harsh with your partner. Your lucky day this week will be Sunday.



VIRGO
(AUG. 23-SEP. 23)

Get your point across delicately. Work diligently this week. Find ways to make more money. Your lucky day this week will be Monday.



LIBRA
(SEP. 24-OCT. 23)

Deal with financial limitations gracefully. Find solutions through communication. Expect changes in your home. Your lucky day this week will be Wednesday.



SCORPIO
(OCT. 24-NOV. 21)

Colleagues can undermine you. Don't get depressed. Put in a little extra time. Your lucky day this week will be Monday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Work will go smoothly this week. Compromise is the name of the game. Shopping can lift your spirits. Your lucky day this week will be Thursday.



CAPRICORN
(DEC. 22-JAN. 20)

Avoid confusion when communicating with others. Accomplish what you want this week. Residential changes will lift your spirits. Your lucky day this week will be Thursday.



AQUARIUS
(JAN. 21-FEB. 19)

Discipline will help with bad habits. Sudden changes of heart can cause heartache. Don't borrow money this week. Your lucky day this week will be Tuesday.



PISCES
(FEB. 20-MAR. 20)

Residential moves will be favourable. Pick your fights carefully. Think before making a move. Your lucky day this week will be Tuesday.