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I Believe

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Kenny Beck
Peer Mentor
I Believe Statement
6/20/14

Currently, the love of my life is about 75lbs, black and white, covered in fur, and loves his squeaky football. He's my dog and his name is Sargent. Sargent is a crazy, hyper active, fun loving Labrador-English Setter mix and loves attention. For this reason I have to take him for a 20 minute walk everyday after work. The idea of getting home after working an eight hour shift and taking a 20 minute walk in the summer heat with a dog whose energy knows no bounds, may not sound very pleasant to everyone. However, I have come to truly enjoy these walks because they've taught me to appreciate nature and the astounding affect it can have on my mental health.

I live out in the country. My hometown consists of farmland, cows, fields, and tons of trees. And when I take Sargent for a walk, it's just nature and us. We don't pass neighbors, never see anyone else walking on the roads, and I almost never get a text message or phone call. Instead I watch my dog eagerly explore the same strip of nature that we do every day at the same time. And every time he is fully engaged and interested. I realized while walking with him how much beauty truly surrounds me. And as I walked with him I let the stress of my day fall off of me. Without anyone else around I am able to let my mind wander and think about whatever I want to. And the more I looked, I mean actually looked, at the nature I was surrounded by, the more relaxing these walks became. The ducks by the creek, the half dead pine trees that proudly wear vines like I wear name brand clothing, and the cows that all stare as I walk by. The more walks I went on with him the more I realized there is so much more to life than the television screen I default to at night or the computer that I go straight for when I get home. All of this stuff is indoors and is more mind numbing than truly beneficial.

I believe taking just a little bit of time to look and enjoy the natural world around us, can have an immensely positive affect on both out physical and mental health. Putting down the computer, looking away from social media, and taking a moment to relax in nature can provide a look at the bigger picture in life.