



Branching Out!

This month's theme is all about the mental health and wellness benefits of nature! Going outside and experiencing nature has [innumerable benefits](#) on our mental and physical health, including reducing anxiety and depression, lowering blood pressure, and even improving sleep quality.

Read through this month's edition of the wellness digest to **learn about the mental health benefits of nature, hear about upcoming events, and gain a new wellness tip!**

Nature + Mental Health

How does it work? There are a [plethora of reasons](#) why spending time in nature can benefit our mental health. For one, spending time in nature improves our feelings of connectedness, both with the natural world itself and with other people around us. Another possible explanation is that our ancient ancestors lived in wild settings and that modern day humans might also have an innate desire to be amongst wild things. Whatever explanation(s) you think make the most sense, numerous evidence-based studies show spending time in nature can improve our mental health.

Why does it matter? Four years ago this month, the COVID-19 pandemic changed many of our lives, and it kickstarted a demand for mental health services that continues until the

present day. We've learned that we must take a proactive approach to our community's mental health and that it's vital for each of us to have the tools and resources to live mentally healthy lives. We must use every resource available to us, and that includes branching out and getting outside.

It's not lost on us that not everybody has equal access to the outdoors. Not everyone lives within walking distance to a park, and not everyone lives in a place where their outdoor surroundings are safe to explore. This month, we are especially grateful to live in a place as naturally beautiful as Napa Valley.



Upcoming Events

Volunteer as an Art Assistant

Teens ages 13-19

Be part of the **Nimbus Arts + Teens Connect Mosaic Stone Stacking Project!**

Upcoming Events:

- **March 6th 3:30-5:00pm Workshop with VOICES.**
- **March 10th 12:00-4:00pm Workshop at NBC Pottery.**
- **March 24 4:00-5:30pm Middle Schoolers at Crosswalk Church.**
- **March 26 2-3pm NEWS – Domestic Violence & Sexual Abuse Services**

Work with professional artists to learn how to create mosaic art

Lead community members in creating mosaic elements for a collaborative sculpture installation

Learn about the ancient, meditative, and spiritual activity of stacking stones into "cairns"

Explore the connection between mental wellness and art

If you are interested please contact
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creativity | community
curiosity | collaboration
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TEENS*CONNECT
A PROGRAM OF
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**CALIFORNIA
ARTS COUNCIL**
A STATE AGENCY



Further your wine education and benefit Mentis all at once!

Sunday, April 14, 4PM
\$95 per person

Join Whetstone Cellars at their French-style 19th-century chateau in the heart of the Napa Valley for a comparative tasting of six different wines - three from the Old World, and three from the New. Hosted by Michael Stopka, who has worked with illustrious local wineries including Cakebread, Trinchero, and Robert Mondavi, you're sure to learn a thing or two about what makes wines from Europe and the Americas so unique.

We have 11 seats left for this 20-person experience; email [Fatima Pena](mailto:Fatima.Pena@whetstonecellars.com) if you'd like to reserve a spot!



Did you know that folks with a mental health diagnosis might be eligible for a free Access Pass to United States national parks? The Access Pass will you get you into even more places than national parks - it includes access to over 2,000 outdoor recreation sites. The pass is free, available for people of all ages, and valid for a lifetime. To learn more about the pass and its eligibility requirements, [visit this article on the Mental Health America website.](#)

Do you like to drink new and interesting wines but too often find yourself wandering the grocery store wine aisles buying the same old stuff? Then the Outer Space Drink & Donate quarterly wine case is for you! Each quarter, 10% of the \$200 case price goes to a different nonprofit here in Napa, and this month they are supporting Mentis!

[You can learn more about what's in Outer Space's spring case here](#) - and stop by the tasting room at 974 Franklin Street in downtown Napa on Friday March 15 or Saturday March 16 for a tasting of each of the 6 wines!



Every day, our staff and clinicians educate, support and inspire people to take charge of their mental well-being. With programs ranging from prevention to treatment, we're here to make sure our community's mental wellness flourishes.

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Mentis Napa's Center for Mental Health Services
709 Franklin Street Napa, CA 94559