

# Feeling Good By The Sea



## Experience The Peace Of The Beach

Have you ever noticed that spending time by the ocean leaves you feeling refreshed and rejuvenated? It turns out that the experience is not just in your head, but backed by scientific research. A study published in the journal “Health Place” analyzed English census data and found that individuals who live by the sea have better overall wellbeing

## The Benefits Of Sea Air

Breathing in the thick, salt-rich sea air has numerous health benefits. Not only does it clear your throat and respiratory system, leading to clearer breathing, but it also improves sleep quality.

You’ll also notice that the cooler temperature of sea air helps to keep you awake and energetic during the day.



## The Power Of Blue Mind

The calming effect of being near water is often referred to as “blue mind,” which allows individuals to escape the stress and over-stimulation of modern day life and achieve a sense of peace

## The Benefits Of Water Exercise

Exercise in any setting can have positive impacts on both physical and mental health, but incorporating water into your routine can lead to even greater benefits.

Swimming, jogging by the ocean, or simply taking a dip in a lake can be an effective way to reduce stress



## The Feeling Good Experience

The iconic song “Feeling Good” by Nina Simone, released in 1965, turned into an industry standard and perfectly captures the experience of feeling refreshed and rejuvenated by the sea. The lyrics “Birds flying high, you know how I feel, Sun in the sky, you know how I feel, Reeds drifting on by, you know how I feel” perfectly capture the sense of peace and freedom that comes with being near water.

For all these reasons, seaside visits have become a valued experience for many.

Being near the sea has numerous health benefits, including clearer breathing, improved sleep, reduced stress, and a greater sense of peace.

Whether through exercise, simply taking in the vastness of the ocean, or simply enjoying a relaxing day by the beach, taking advantage of these benefits can leave you feeling good ... just like Nina Simone sings.