

Staying Well at the U of L- March 2014

Jennifer Mather, a member of the psychology faculty, stays well at the U of L by bird-watching. Bird-watching is the act of searching for species of birds while in different areas around the world and is one of the most popular outdoor sports in the US.

Jennifer always had a passion for watching animals interact with the world around them. Jennifer started by attending a bird watching course and going out and observing birds. She used the chickadee, a very small and agile bird to help train her eyes; ever since she has been bird-watching all over the world. She reported seeing birds in Plum Island (outside Boston) and Point Peele (in Ontario).

Jennifer says that bird-watching keeps her in tune with the environment and the seasons. Bird-watching can be one of the best forms of exercise because there is no hurry. “Bird-watching creates the ‘thrill of the chase’ without hurting anything or anyone” said Jennifer. She reports it is also good for mental health, because it gives her a break from work and life stressors. If you are interested in starting to bird-watch, Jennifer suggests setting up a bird feeder in your back yard. She also suggested downloading a field guide online and reading it thoroughly. The Coulee Center also offers a bird-watching course in the spring.

Thank you Jennifer for sharing how *YOU stay well at the U of L!*

