

love your March

NATURAL HIGH

Feel fab alfresco

The great outdoors are great for your mood. You can change your disposition simply by changing your scenery. Different natural settings evoke distinct emotions, a study in *Evolutionary Psychology* reports. Whether you want to relax, reflect or have more fun with friends, you've come to the right place(s).

Unwind by the water. River, lake, ocean—any H₂O scenery is *shore* to soothe. "Water's aesthetic qualities, such as its rhythmic movement, may induce a calming effect on our psyche," says study author Joe Hinds, Ph.D.

Wonder in the woods. Spend a little alone time off the beaten path, and suddenly you'll see the forest for the trees. Woods spark contemplation and clarity. "When we're isolated from the everyday hustle and bustle, we're forced to turn inward and connect to ourselves in a deeper and more focused way," Hinds explains.

Perk up at the park. Parks were made for recreation, so, no surprise, they inspire happy vibes. "Designed to be gathering places, parks give us a sense of togetherness, with their inherent social aspect," Hinds says. And spending quality time with friends and family is proven mood magic. —Andrea Bartz

BE SELFY THIS MONTH

Get pumped for the election by watching HBO's drama *Game Change*, based on the book about the dramatic 2008 presidential race. • Embrace March Madness: Sign up at www.espn.com/alerts for updates on your team. • For Wellness Week, March 19 to 25, book a discount treatment (\$50 or 50 percent off) at SpaFinder.com.