

# The Best Things in Life are Free.



Transcription:

Bill Gasiamis 0:01

G'day everyone Bill from [recoveryafterstroke.com](http://recoveryafterstroke.com). I am at the beach this afternoon because in Melbourne, Australia, it's summer. Now although you guys in the Northern Hemisphere might be feeling a little bit jealous because it's probably cold as heck in the Northern Hemisphere.

Bill Gasiamis 0:26

In Australia summer comes with a couple of challenges of its own, and usually that involves a bad risk of fire. And that means that bush goes up and animals are at risk. human lives are lost homes, businesses are lost. And it happens every year. And I don't know whether it's climate change making it worse or what but basically, we've been struggling with it for the last few months and summer has just only begun it's only about a month in.

Bill Gasiamis 1:01

If you look at me in the background, you can see that you can hardly see the sunset. And that's not because of clouds or because of mist. It's because of smoke that's been hanging around for the last couple of days.

Bill Gasiamis 1:15

It's quite windy and the fires are quite a distance away. They're about 500 kilometers away, which is about 600 miles. And nonetheless, we are being impacted on a daily basis by the smoke. And people are struggling to breathe

people are struggling to go outdoors and get around. But today it's been a little bit breezier than most other days.

Bill Gasiamis 1:38

So it's not too bad. You can smell the smoke. But it's not too bad here in the city. But if it's difficult for us to cope with in a sea I can only imagine what's happening and what people are experiencing in the bush where the fires are actually burning have been burning for way too long and a lot of people have been impacted negatively.

Bill Gasiamis 2:01

Anyhow, we decided today that after work, I went and picked up my wife. And then we came for a drive down to the beach, because there wasn't going to be a lot of people around, it's quite warm. I wouldn't be going for a swim because the waters quite cold. But it's a great way to have dinner, we packed a few snacks in a little portable ice box, and we came for a drive and we're going to spend two or three hours after work at the beach, because after all, it's better than being at home, in the suburbs, and it's way better to be out enjoying the nature while we can.

Bill Gasiamis 2:41

And it's beautiful. There's no waves. There's hardly no wind, and it's quite enjoyable. And this is the point that I'm trying to make is that stroke recovery often is thought to be something that has to cost a lot of money, and that's expensive, but the best things in life are free and definitely coming down to the beach is basically free and I know fatigue is an issue but when you feel fatigued getting out in nature is probably going to help you recharge and feel better get your feet in the sand or in the dirt in the water wherever you need to get out in the sun, get some vitamin D and appreciate nature because after all, we are all part of nature.

Bill Gasiamis 3:27

And if you live in a big city like me, it's sometimes easy to get stuck outside of nature in you know concrete towers or places that humans are not generally meant to be spending long times in. So I wonder what it is that you could do to get out and about and spend some additional time in nature or the closest thing to you if it's only a park just get out I know it might be cold but even if it's cold get out and about.

Bill Gasiamis 4:00

Get some beautiful nature experiences and see what it is that you can appreciate. I'm going to end up eating one of these flies soon. And that's the part of nature that I'm not really too happy about. So guys, Bill from [recoveryafterstroke.com](http://recoveryafterstroke.com) let me know in the comments, what it is that you do to get out and about and how you love to experience nature and recharge.