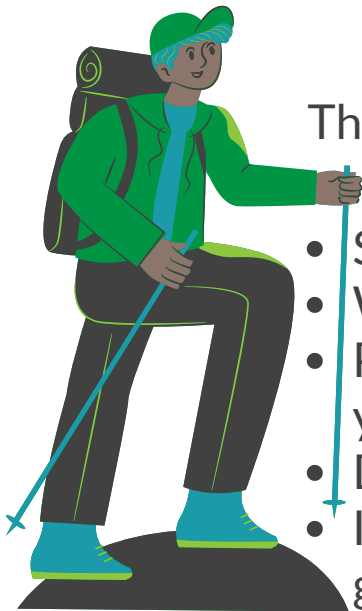


NATURE

Positive Effects of Nature

Nature is all around us, but did you know that it can help us with our mental health in a very positive way? Exposure to nature has been linked to many benefits, including improved attention, better moods, lower stress, reduced risk of psychiatric disorders, and even increased empathy and cooperation.¹ Nature comes in all shapes and sizes, whether your hiking in the mountains or just taking a stroll through the park, but no matter the size or activity, you can boost your mood by doing a few simple activities outside and away from technology.



Activities You Can Do

There are many different activities you can do depending on where you live in the world, here are some ideas:

- Seek out green spaces if you live in a more urban area
- Walk or run through parks of any kind of green space
- Practice mindfulness by reflecting on the nature around you
- Draw or write about the nature around you
- If there is no immediate nature around you, then start a garden or buy a couple of houseplants

Experience vs. Connection

The amount of time you spend in nature can be extremely beneficial to your mental health. People who spend at least 2 hours in nature reported significantly greater health and well-being.² You should also try to feel connected with the nature around you, it could also help benefit your mood and mental health.

