

Tap nature's healing power



From outdoor fitness activities to get your body moving, to cultivating a healthy garden to add more fruits and veggies to your diet, to keeping the earth clean by limiting waste and reducing pollution, there are countless ways nature influences our physical health. Additionally, the amount of time you spend in nature has numerous positive effects on your emotional well-being, including improved mood and attention, reduced stress and increased happiness. These tips can help you get outside and reap the well-being benefits of nature.

Take a walk—a tried and true strategy to get outside.

Take the dog for a walk around the block instead of always just letting Fido out in the backyard. Stroll to the corner mailbox. Park far away from your destination.

Enjoy your outdoor space. Even in small doses, just breathing fresh air, feeling the solid earth beneath your feet, and gazing at the landscape can bring you back to your senses, leaving you feeling refreshed, steady and clear-headed.

Find local meetup walking groups, including those aimed at birders, foragers of edible wild plants and herbs, those who practice tai chi or yoga outside and more.

Plant a small vegetable garden, a tree, shrubs, or grass around your house or neighborhood to help prevent soil erosion, absorb CO2 from the air, and beautify your home space. You'll also get a boost from being outside while doing so.

Enjoy a meal alfresco. Sip your morning coffee in your outdoor space, picnic at a local park, take your lunch outside during work or eat your dinner in your backyard. Going outside for fresh air, even in short spurts can make a big difference in your energy levels.

Bring nature inside. Even a single potted plant can have a significant impact on stress and anxiety. Adding a few houseplants can breathe vibrancy and life into your home while making a difference to both your physical and mental well-being. When choosing the right plants for your home, consider their purifying abilities as well as your ability to keep the plant alive.

We're here to help. Health Advocate can get you to the right support and resources to help you improve your health and well-being.



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