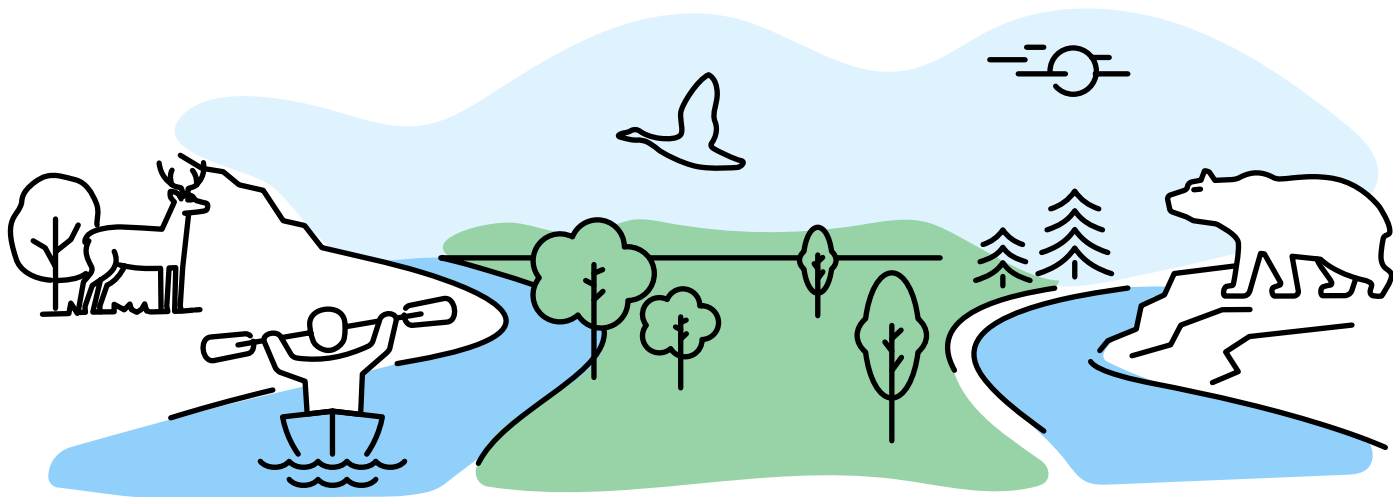




How the Great Outdoors Can Be Great for Your Mental Health

According to many studies, spending time in nature can do wonders for your mental health and well-being. Whether you're planning a long trek on a trail or a pleasant picnic in a park, getting outside for even brief periods can have many benefits, including:



Cognitive and emotional benefits.

Spending time outdoors can reduce cortisol levels, muscle tension and negative emotions. It may also improve focus, creativity and problem-solving abilities. Spending time in the sunlight can have particular benefits, as it helps with serotonin and vitamin D levels, subsequently boosting your mood.



Physical wellness includes mental positives.

Although you might think of physical and mental health as being separate, this is far from the case. Exposure to natural light can help regulate your sleep schedule. Additionally, getting outside often involves at least moderate exercise, which can release endorphins and improve your self-esteem.



Socialization and connection.

Whether you're camping with friends or taking a break on a park bench among strangers, spending time outside can help foster a sense of connection and belonging. By leaving the confines of your home or office, you can be better positioned to forge new relationships or strengthen existing ones.

Tips for Spending More Time Outside

No matter where you live, finding ways to enjoy the outdoors can be vital for your mental wellness. Consider these strategies:



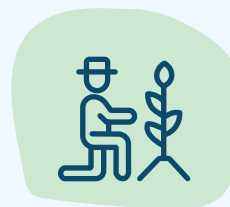
Don't think too big.

You don't have to spend an entire weekend hiking a mountain or camping in the woods to enjoy nature. Even taking 15 minutes for a leisurely walk or to sit in the sun can be beneficial.



Adjust your routine.

Make spending time outside your new normal, such as walking or biking for nearby errands instead of driving. Try to plan routes that take you through parks or alongside bodies of water.



Make plans.

Try adding new experiences to your life that involve the outdoors. For example, starting a vegetable garden or taking up bird watching can help give you a reason to get outside. Think about inviting others to join you for socialization and accountability.

Learn More

For additional mental health and lifestyle resources, contact us today.

