



Opt outside!

Being outside in nature for just 20 minutes a day is enough to boost your feeling of energy and enthusiasm. When we observe the beauty of nature, our bodies produce lower levels of cytokines, which may mean reduced levels of inflammation¹.

Surround yourself with trees, flowers, and grass whenever possible. Research shows that spending time in nature can help to reduce depression.

In a study, 38 volunteers had their brains scanned after a 90-minute walk. Those that walked through a park showed a significant decrease in negative and depressing thoughts when compared to those who walked through a city².

Reconnect with nature to lower stress and improve your happiness³:

1. Take a walk in a park and explore with your senses. Slow down and notice the color in the flowers, the smell of the grass, the sound of the breeze, and the sensation of walking.
2. Lie on your back in the grass and watch the clouds go by and let your mind clear.
3. Think about the memories that certain outdoor smells evoke for you.
4. Walk barefoot in thick grass or on a beach. Be mindful of your surroundings and be cautious of sticks, shells, and other natural debris.
5. Open up a window on a nice day to hear the birds chirp and take in the fresh air.

“Deviation from Nature is deviation from happiness.”