Being outside in sunshine can raise your vitamin D levels and likely improve:
- Bone density
- Asthma
- Heart health

Nature sights, sounds, and smells can reduce mental fatigue, anxiety, and depression.

Taking care of a garden or plant can balance certain hormone levels which...

Sharing nature together builds strong relationships

Connecting with nature can help children improve:
- Self-esteem
- Creativity
- Sense of wonder
- Problem-solving skills

Spending even 10 minutes in nature has positive effects on your family’s well-being:
- Reducing stress
- Increasing focus
- Increasing energy
- Improving mood

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Enjoy nature while indoors.

- Look at nature through a window
- Care for an indoor plant
- Watch a nature documentary
- Eat breakfast by a window
- Read a story or poem about nature
- Write or draw about an experience you had or want to have in nature

Put your cell phone on mute (or turn it off)!

Build Connections with Nature

Take time to notice nature and how it makes you feel.

- Notice how the leaves on trees blow in the wind
- Observe how different animals move their bodies

Do an activity that involves your senses:
- Pick up some soil and feel it fall through your fingers
- Rub your palm on tree bark or a leaf
- Smell the air and notice whether this changes your breathing
- Sit down outside and notice as many sounds as you can

In nature, nothing is perfect and everything is perfect.
- Alice Walker, author

Nature and Mental Health Information Sources:
- Nature: How connecting with nature benefits our mental health | Mental Health Foundation
- The Importance of Community and Mental Health | NAMI: National Alliance on Mental Illness
- Nature Makes You... | National Park Service

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