

## Increase Your Wellbeing Through Nature



Studies have shown that being outdoors in green spaces has many benefits to one's wellbeing. Those who spend time in nature experience the following:

- **Increased relaxation and reduced stress.** Walking in forests resulted in lower heart rates, better moods, and less anxiety. There were similar findings for those who walked in urban parks or woodland areas.
- **Improvement in mood.** Those who walked in nature experienced less anxiety, focused less on negative thoughts, had more positive emotions, and performed better on tasks related to memory. Those who visited natural areas had more activity in certain parts of the brain, where inactivity was linked with depression and anxiety.
- **Attention restoration and increased creativity.** Studies have found that being in green spaces lowers frustration, results in higher meditative levels, and improves creativity.
- **More altruistic actions.** Exposure to nature has been shown to make people more interested in the welfare of others.
- **Feeling more alive and vital.** Being outside has been shown to increase energy.

The next time you feel like you could use a boost, consider unplugging and spending time in a green space outdoors, whether this is a wooded area, a garden, or even an urban park. Looking at pictures of nature scenes can also have calming benefits.

Are you struggling with your mood despite attempts to feel better? It may be time for professional guidance. Reach out to the Employee Assistance Program for help today.

---

Suttie, Jill. "How Nature Can Make You Kinder, Happier, and More Creative." *The Greater Good Science Center at the University of California, Berkeley*. [https://greatergood.berkeley.edu/article/item/how\\_nature\\_makes\\_you\\_kinder\\_happier\\_more\\_creative](https://greatergood.berkeley.edu/article/item/how_nature_makes_you_kinder_happier_more_creative) Accessed April 18, 2022.



### Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

**Toll-Free:**  
1.800.999.1077

**Website:**  
[www.EAPHelplink.com](http://www.EAPHelplink.com)

**Code:**  
DOUGLAS