

R.E.A.L GoalSM: Spend More Time in Nature

(Realistic, Easy, Attainable, Life Goals)

Example: I will spend at least 30 minutes in nature four days a week.

The benefits:

- Increased happiness
- Reduced stress
- Enhanced physical health
- Strengthened immune system
- Increased vitamin D
- Improved mental function



Quick tips:

If you have three minutes...

- Kick off your shoes and walk barefoot in the grass. This practice called grounding, has actually been shown to improve sleep, reduce pain, decrease muscle tension, and lower stress.
- Look up at tall trees for two minutes research shows it can reduce stress and inspire awe.
- If you're walking from point A to point B, take just a few minutes to be outside on your way.
- Look out a window if you can't physically get outside.

If you have 15 minutes...

- Go for a walk. Leave the electronics at home and really take in the scenery as if it's the first time you're paying attention to it
- Eat your lunch or just sit outside. Try to find the most natural place the greener, the better.

If you have an hour...

- Have a picnic.
- Go exploring. New things are naturally exciting for our brains, and you never know what you will find off the beaten path.
- Grab a book and make yourself comfortable outside on the grass, in a chair, or in a hammock for some extended fresh air time.
- Plant something new outside if you have a garden, balcony, or windowsill.
- Go to a park and use the equipment to create your own workout circuit!

If you have a day...

- · Go on a hike.
- Find a body of water. If you live near a lake go for a dip or just relax by the water.
- Get out in the yard or garden.
- Go to a plant shop and get a houseplant to keep in a spot where you'll see it.
- Try Geocaching find out more here: geocaching.com

Search for outdoor spaces in your area on:

- Search for parks near me on Google Maps
- Search for your state or county parks websites
- Search U.S. National Parks here: NPS.gov
- Check out the All Trails app here: AllTrails

Learn more about the benefits of spending time in nature:

- U.S Dept. of Agriculture <u>The wellness benefits of the great outdoors.</u>
- WebMD Health benefits of getting outside.
- American Psychological Association <u>Nurtured by nature</u>.
- WebMD Do you need a nature prescription?

Explore more Real Goals and Supplemental Resources

For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)

©2023 WellFirst Health. All rights reserved. We do not endorse or make any representation about the efficacy, appropriateness, or suitability of any program, training, or activity eligible for points under the Living Healthy program. Such programs, trainings, and activities are not intended to be a substitute for professional medical advice, diagnosis, or treatment. If any individuals has or may have a medical or psychological condition, they should consult a medical professional before beginning any programs, trainings, or activities.