NATURE AND YOUR HEALTH



Why Time in Nature Is Great for You as a Caregiver



Being outside in sunshine can raise your vitamin D levels and likely improve:

- Bone density
- Asthma
- Heart health

Being in nature helps you move your body and improve your physical health.

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

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



improving your digestion, leep, and blood pressure.



Why Time in Nature Is **Great for Your Family**

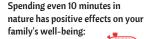
Sharing nature together builds strong relationships

Connecting with nature

Self-esteem

• Creativity

can help children improve:



- · Reducing stress
- · Increasing focus
- · Increasing energy
- Improving mood

· Sense of wonder · Problem-solving skills

eing in nature help

Physical health

- Motor skills
- Social skills

Spending time in nature can help develop empathy.



Being part of a community can improve your mental health.

Empathy is important





Be in nature!

- Start a rock collection
- Smell a flower
- Have a picnic outside
- Watch for birds
- Move your body

- Walk in a park or grassy area
- Visit a lake, river, or ocean
- Take a close look at a tree
- Tend a garden or add a window box to your home



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





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:



- · Rub your palm on tree bark or a leaf
- Smell the air and notice whether this changes your
- · Sit down outside and notice as many sounds as you can





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Nature and Mental Health Information Sources:

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- Nature Makes You... | National Park Service

