

Be on the outside

Add more “outdoors” to your life to reduce stress, improve mood and restore attention levels by giving your brain a break.

Exercise outdoors: Instead of only exercising at the gym or other indoor space, include activities you can do on a nature or fitness trail. Examples include brisk walking, jogging, cycling or roller-blading.

Spend quality time: Visit a park or go for a social walk with friends and family.

Get quiet in nature: Find a place to sit quietly to relax or meditate to help connect with your mind, body and spirit.

