

Action Steps for  
Health & Happiness

# Find happiness in nature: rain or shine

Focus on nature's beauty,  
peacefulness, and soothing sounds.

- Go on a nature hike with a family member, friend, or coworker.
- In your backyard, cuddle up with a good book on a chair or in a hammock.
- Picnic in the park with family and friends. Enjoy your workday lunch in a park.
- Take up a nature-based hobby, such as bird watching or nature photography.

