

# Connect With Nature

Spending time in nature is good for you.

Connecting with the natural world is linked to having less stress, better mood, improved focus and even a sense of purpose in life.

- Go for a walk in the park or hike on a nature trail.
- Sit on a beach or paddle on a lake. Ride your bike through the woods.
- Take up bird-watching or volunteer with a nature conservation project.
- Get together with friends or do physical activities outdoors for even more health benefits.
- If you live in an urban area, find the nearest green space or garden where you can spend some time.
- Surround your indoor space with plants and learn to care for them.

