



# The Benefits of the Outdoors on Your Mental Health



Spending time outdoors is more than just a way to enjoy fresh air—it can be a powerful tool for supporting your emotional and mental well-being. Research shows that nature helps reduce stress, improve mood, and restore energy. Whether you take a short walk in a park, sit outside during lunch, or plan a weekend hike, being outdoors can give your mind and body the reset it needs. Try these simple ways to bring more of the outdoors into your routine:

**Fresh Air and Sunshine:** Exposure to natural light increases the body's production of serotonin, which improves mood and promotes calmness. Fresh air can help clear your head, making it easier to focus and think creatively. Even just 10–15 minutes outside daily can make a noticeable difference.

**Movement in Nature:** Walking, biking, or stretching outside combines physical activity with the calming effects of nature. Exercise outdoors has been shown to lower blood pressure, reduce anxiety, and increase energy more effectively than indoor workouts.


**Mindful Moments Outside:** Nature offers endless opportunities for mindfulness. Listening to birdsong, noticing the wind through the trees, or watching clouds move can help ground you in the present moment, reducing racing thoughts and stress.

**Social Connection:** Outdoor spaces create natural opportunities to connect with others. Sharing a walk with a friend or joining a local outdoor activity group can reduce feelings of loneliness while boosting your mood.

**A Mental Reset:** Being outside—even for a short break—provides a healthy separation from daily stressors. Nature has a restorative effect that helps improve concentration, memory, and overall resilience.

## Need Support?

Take the first step toward better well-being—connect with Bree today.

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