

REACH FOR RESILIENCE

A Helpline for ND Healthcare Workers

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Outside Connection & Wellness



Nurtured by Nature

Research shows that spending time in the good ol' outdoors can boost your mental health! According to the American Psychological Association nature has many cognitive benefits. It can reduce stress, restore attention, and increase your overall happiness and wellness.

What colors do you often see outside? Maybe green and blue? Well, green and blue spaces can also have many well-being benefits like lowered anxiety and better moods.

Being mindful of the times

With the world in disarray and high inflation rates, stress may increase for some when thinking about what activities to do this summer without spending too much money. To the right, we have some great inexpensive ideas for you and your family and friends! It's summer so let's get outside!



Resource of the Month
Health & Nature

Activities you can do on a budget!

- Gardening
- Mindful walking - each day try a different path!
- Pack some lunch & have a picnic
- Unplug by leaving your phone on silent whilst outside
- Find a tree to read under
- Workplace outdoor potluck

