

July 2021

Parents Page

The Mental Health Benefits of Spending Time Outside



There are places in every corner of our community that offer beautiful scenery, great opportunities for exercise and can have a positive impact on your mental health.

Reduces Stress:

Research shows that just as little as 30 minutes in nature can significantly reduce stress levels and enhance your ability to be more creative.

Mood Elevation:

Natural light and fresh air can boost your mood. Many studies have shown that exposure to natural light can not only improve your mood but also improve your self-esteem.

Reduces Mental Fatigue:

Being outside can give your mind a much-needed break. Allowing yourself some time outside gives your mind a chance to stop thinking so hard and can rejuvenate your brain.

Helps Fight Depression & Anxiety:

Research and studies have shown that spending time outside not only reduces the risk of becoming depressed but also alleviates symptoms of depression and anxiety for those who already experience it.

Green Exercise:

A runner high is a feel-good phenomenon that occurs as a result of your body releasing endorphins during exercise such as walking, biking, or hiking.

SUMMER SAFETY

- WEAR A HELMET!**
every bike ride, every time
- USE SUNSCREEN!**
at least SPF15, 30 min. before going out
- WEAR EYE PROTECTION!**
when helping with yardwork or mowing
- LIFE JACKETS ON BOATS***
*even for really strong swimmers!
- HIKE, BIKE, SWIM, EXPLORE**
ALWAYS with a friend, NEVER alone
- BEAT THE HEAT!**
bring and drink water, wear hats, seek shade, and check for ticks if in the woods

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