However near or far you venture outside in nature, you’ll feel revitalized, less stressed and more focused. Sunlight boosts serotonin, which can help boost moods and promote sleep, increasing your energy. And simply breathing fresh air, feeling the solid earth beneath your feet, and gazing at the surrounding landscape can bring you back to your senses, leaving you feeling calm and clear-headed. Here are ways to get your daily dose of nature, no matter where you are:

**Take an outdoor brain break.** Walk around the building on your lunch hour. Take your lunch and eat outside on a bench or blanket (keep your phone off and out of sight).

**Strive to walk every chance you get.** Take the dog for a walk around the block instead of always just letting Fido out in the backyard. Stroll to the neighborhood mailbox. Park far away from your destination when doing errands.

**Explore paths and trails you never knew about.** Check out your community parks and recreation center or visit the national park service site: [https://bit.ly/3jIEZc9](https://bit.ly/3jIEZc9). Find local meetup walking groups including those aimed at birders, foragers of edible wild plants and herbs, those who practice tai chi or yoga outside and more.

**Sign up for guided nature walks.** Sponsored by botanical gardens, parks and rec, and preservation and conservation organizations, you’ll learn about local flora and fauna, geography, and history all while reaping great mind/body benefits.

**Plant a vegetable garden.** Get great exercise plus nutritious food to enjoy for months to come. And, consider becoming a regular customer of farm markets and outdoor restaurants serving locally grown foods.

**Join a Community Supported Agriculture farm (CSA).** No space or time to start your own garden? Participating in a CSA enables you to purchase your share of fresh-picked locally grown crops on a regular basis, as well as volunteer with the tending and harvesting. Check out [Localharvest.org](http://Localharvest.org).

**Volunteer for a community clean-up.** Or sign up for a charity walk/run that benefits environmental groups. Improving the health of our planet can have a big impact on our individual health and well-being. Learn about other ways to live green for your well-being. Visit: [https://bit.ly/3fR7vqY](https://bit.ly/3fR7vqY)

**Bring nature inside.** Even a single potted plant can have a significant impact on stress and anxiety. Don’t have a green thumb? Just gazing at pictures of nature scenes has been shown to help reduce fear and stress and increase pleasant feelings.