

# Health Benefits of Being Outside

## Improves mental health

- Reduce depression
- Reduce anger
- Reduce feelings of anxiety and stress
- Improve your mood and self-esteem
- Increase your emotional resilience

## Improves physical health

- Regular opportunities for physical exercise
- Spending time in the fresh air can increase your energy levels
- Using up excess stress hormones in your body by physical activity
- Relaxing your nervous system by being surrounded by a calm, natural environment
- Increase your stamina and fitness

## Further develop your social life

- Meet new people
- Lessen any isolation and loneliness, and increase your sense of belonging
- Build your peer support network
- Create more of a structure to your week
- Make connections with people, which may develop into long-term friendships

## Build confidence

- Enable you to meet and overcome new challenges
- Try new activities and learn new skills, which can increase your confidence to try new things in other areas of your life
- Increase your motivation to stay active
- Provide the satisfaction of completing tasks and contributing to positive change for yourself and the environment
- Potentially provide opportunities to gain qualification

## Strengthen your connection with nature

- Spend more time outside in all weathers
- Learn about the natural cycles of the year
- Tune into the sights, sounds and smells of the natural world
- Become aware of your wider connection with animals, plants, trees and different landscapes

## Helps you practice mindfulness

- Become more aware of yourself in the present moment
- Bring your attention to the natural world and help shift your focus away from thoughts that might be stressful or upsetting
- Develop more helpful responses to difficult feelings and events
- Be kinder toward yourself
- Feel calmer and able to manage stress better