

Quality of Life TIPS & TRICKS

Enjoy the Great Outdoors

- With summer approaching and cabin fever subsiding, we can now look forward to the many wellness benefits associated with getting outdoors.
- Spending time outdoors can improve overall health and wellness. The outdoors offers many opportunities to be physically active. Time outdoors also may promote mental health and stress reduction.
- There are many mental wellness benefits associated with being outside in green spaces, such as lower risk of depression and faster psychological stress recovery. Studies have shown that being in nature can restore and strengthen our mental capacities, while also increasing focus and attention.
- Another major component of mental health is social connection. The outdoors serves as a place to come together with friends and family and connect with the larger community.



This Wellness Tip was brought to you by the Quality of Life Subcommittee of the Primerus™ Quality Assurance Board and Featured Contributor Alejandra Barcenas. We also welcome your tips, which can be submitted to Paige Neirman at pneirman@primerus.com for publication consideration.