

Benefits of Walking In Nature

There is so many benefits to being outdoors

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1

BOOSTS YOUR MOOD

- Increases oxygen level and sunlight exposure, which will increase your serotonin levels
- Boosts endorphin levels and dopamine production
- Helps our body slow down and feel calm

2

REDUCES STRESS & ANXIETY

- Reduces cortisol levels
- Relieves muscles tension
- Helps calm your nerves

3

IMPROVES OBSERVATION SKILLS

- Improves brain activity
- Motivates you to use your senses
- Helps you pay more attention to your surroundings



Get outside:

Make plans

Think of ways to spend more time outside.

4

GET BETTER SLEEP

- Boosts serotonin levels
- Increases oxygen
- Receiving sunlight helps increase melatonin levels

5

LOWERS BLOOD PRESSURE

- Reduces any build up stress
- Increases movement
- Outdoor exposure helps you stay healthier

6

IT'S GOOD EXERCISE

- Increases physical activity
- Burns more calories
- More fitness options

Be prepared

Bring any items that you might need.

Stay safe

Remember to stay informed of the area you are in.

Being outdoors can benefit you mentally, physically, and emotionally.