

NATURE & WELL-BEING

5 ways Nature can improve your well-being

1. Relaxed mind.

You aren't constrained by the screen or the walls. Let your mind wander, set an intention or focus on a question. Don't force anything to happen.

2. Integrate personal & work life.

Add more outdoor time to counterbalance your office time. Balance (or integration) provides a feeling of empowerment and thus improved well-being.

3. Be open to new possibilities.

Sometimes nature can be unpredictable. Open yourself to that uncertainty and the possibilities it brings. This increases resilience and well-being.

4. Connect with something larger than self.

Consider your role in your organization, your family, your network. Each of us is part of a larger system.

5. Finding meaning in what you see.

Nature has a way of providing interesting metaphors that carry meaning depending on what you are focused on at the time.