

Did you Know...

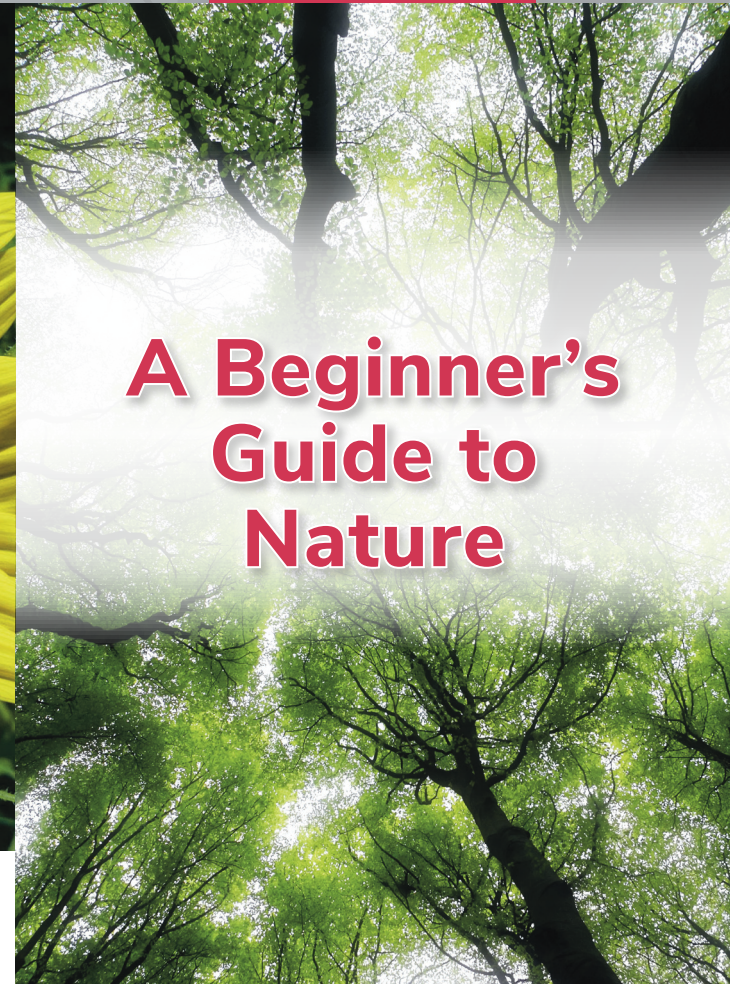
that nature calms us?

Stress hormones drop after 20 minutes in the woods. Time in a forest is linked to decreased inflammation, which has been linked to chronic disease. (WSJ, 2-7-2021)

Being in nature can:

- Lower heart rate
- Lower blood pressure
- Lower stress hormones
- Decrease anxiety
- Decrease depression
- Decrease inflammation
- Decrease fatigue

Nature Calms Us.



A Beginner's Guide to Nature

References:

Gallup, S. L. (2022). How to do Nature: A Beginners Guide to Going Into Nature. <https://livehealthyosu.com/2022/03/21/how-to-do-nature-a-beginners-guide-to-going-into-nature/>

Morris, B. (2020, 02-14). For better health during the pandemic, is two hours outdoors the new 10,000 steps? The Wall Street Journal, Retrieved from: www.wsj.com/articles/for-better-health-during-the-pandemic-is-two-hours-outdoors-the-new-10-000-steps-11613304002

Stanton, L. M. (2021). Get Out! Celebrate Nature on Earth Day and Every Day. livehealthyosu.com/2021/04/19/get-out-celebrate-nature-on-earth-day-and-every-day

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.

You are here for a reason today.

Are you curious about nature but don't know how to begin?

This pamphlet will help get you started.

Be inspired. Leave restored.



THE OHIO STATE UNIVERSITY
EXTENSION



**Be Inspired.
Be Curious.
Be Restored.**



How to begin...

It does not matter where you begin. *Begin* where you are comfortable; your own backyard is a great place to start! Take a few deep breaths in and out to help slow your mind.



LOOK UP ... what do you see?
Are you under trees? Or the clouds?
Spend a moment here.



LOOK DOWN ... what is under
your feet? Grass? Flowers? Mud?
Spend a moment looking down.



LISTEN ... what do you hear?
Birds? Cars? Water? Our senses
come alive when we are still.



Taking the first step into the outdoors is the most challenging, but it gets easier and more rewarding each time you do.

If you have questions or suggestions email Shari at Gallup.1@OSU.edu



THE OHIO STATE UNIVERSITY
EXTENSION

COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

Credit: Gracia-Gallup, Multnomah Falls in Columbia River Gorge, Oregon

