1. Physical Environment Matters! Being outdoors in nature puts us in direct contact with sunlight, plants, and trees. This, along with other vegetation, may affect ambient air quality and, through it, human health and wellbeing.

2. Contact with Nature Matters! Contact with nature may help people sustain constructive energy needed to meet the demands of life, thereby reducing risk of illness related to chronic stress and promoting subjective wellbeing.

3. Activity in Nature Matters! Physical activity promotes both physical and mental health across a lifetime. The outdoor environment may influence how physically active an individual is by offering suitable spaces for certain types of activities.

4. Common Green Space Matters! Researchers in Chicago found a positive relationship between the presence of trees and grass in common spaces and informal social contact with neighbors.

Tips courtesy of the University of Minnesota’s Center for Spirituality & Healing. csh.umn.edu