

R.E.A.L GoalSM: Spend More Time in Nature

(Realistic, Easy, Attainable, Life Goals)

Example: I will spend at least 30 minutes in nature four days a week.

The benefits:

- Increased happiness
- Reduced stress
- Enhanced physical health
- Strengthened immune system
- Increased vitamin D
- Improved mental function



Quick tips:

If you have three minutes...

- Kick off your shoes and walk barefoot in the grass. This practice called grounding, has actually been shown to improve sleep, reduce pain, decrease muscle tension, and lower stress.
- Look up at tall trees for two minutes – research shows it can reduce stress and inspire awe.
- If you're walking from point A to point B, take just a few minutes to be outside on your way.
- Look out a window if you can't physically get outside.

If you have 15 minutes...

- Go for a walk. Leave the electronics at home and really take in the scenery as if it's the first time you're paying attention to it.
- Eat your lunch or just sit outside. Try to find the most natural place – the greener, the better.

If you have an hour...

- Have a picnic.
- Go exploring. New things are naturally exciting for our brains, and you never know what you will find off the beaten path.
- Grab a book and make yourself comfortable outside on the grass, in a chair, or in a hammock for some extended fresh air time.
- Plant something new outside if you have a garden, balcony, or windowsill.
- Go to a park and use the equipment to create your own workout circuit!

If you have a day...

- Go on a hike.
- Find a body of water. If you live near a lake go for a dip or just relax by the water.
- Get out in the yard or garden.
- Go to a plant shop and get a houseplant to keep in a spot where you'll see it.
- Try Geocaching find out more here: geocaching.com

Search for outdoor spaces in your area on:

- Search for parks near me on [Google Maps](#)
- Search for your state or county parks websites
- Search U.S. National Parks here: [NPS.gov](#)
- Check out the All Trails app here: [AllTrails](#)

Learn more about the benefits of spending time in nature:

- U.S Dept. of Agriculture - [The wellness benefits of the great outdoors.](#)
- WebMD – [Health benefits of getting outside.](#)
- American Psychological Association – [Nurtured by nature.](#)
- WebMD – [Do you need a nature prescription?](#)

Explore more [Real Goals and Supplemental Resources.](#)

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