



## R.E.A.L. Goal<sup>SM</sup>: Spend More Time in Nature (Realistic, Easy, Attainable, Life Goals)



**Example:** I will spend at least 30 minutes in nature 4 days a week.

### The benefits:

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

### Quick tips:

- If you have 3 minutes...**
  - Kick off your shoes and walk barefoot in the grass. This practice, called “grounding,” has actually 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 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, 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 all day...**

- Go on a hike.
- Find a body of water. If you live near a lake, go for a dip or 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 you'll see it.
- Try Geocaching. Look it up at [geocaching.com/play](http://geocaching.com/play)

**Search for Outdoor Spaces in Your Area on:**

- Google Maps search “parks near me”
- [AllTrails](#) Phone App
- Search for your State’s State Park Website
- [NPS.gov](#) has the U.S. National parks
- Try [Geocaching](#)

**Links to learn more:**

- [Hyperbionics Article: 5 Ways Spending Time in Nature Benefits Your Health \(and Your Gut\)](#)
- [Conscious Community Article: Six Health Benefits of Connecting with Nature](#)

To choose another goal, go to: <https://www.deancare.com/wellness/real-goals>

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)