



Being in the outdoors and experiencing nature feels great. It's interesting to learn that there is a growing body of evidence¹ which proves that its wellbeing benefits can be quite profound and lasting. Just a short time spent in nature or even images of nature have benefits:

- Nature helps in emotional regulation and improves memory functions. A 2008 study found that subjects who took a nature walk prior to a memory test did better than subjects who walked through city streets.
- Nature walks and outdoor activities have been found to aid attention and focus, thus improving concentration, creativity, problem-solving and performance.
- Nature walks benefit people suffering from depression through lifting mood and increasing the motivation to recover and return to normalcy.
- Being outdoors has also been found to reduce the stress hormone cortisol.



How can you help your people to benefit from all the good stuff nature and the outdoors can offer:

1. Recognise and explain the benefits. This topic's Personal Tool (Boost your wellbeing with nature - Postcard) does just that for you.
2. Get permission for your IT department to utilise nature screensavers
3. Encourage and model behaviours that incorporate nature, such as breaks in the fresh air, walking meetings and phone conversations.
4. Remind your people that even when external factors may make taking leave less desirable, it is still vitally important to take a break and spend time outdoors with family and friends.

If you have any further questions or would like to discuss a specific concern contact our Manager Support Hotline or your Relationship Manager. As always, as your EAP we are here to support your people whatever the nature of their concerns, please contact AccessEAP on **1800 818 728**.

¹<https://positivepsychology.com/positive-effects-of-nature/>