

# Mental Health

## & THE OUTDOORS

According to the American Psychological Association (APA) spending time in nature has many benefits, including improved attention, lower stress, better mood, reduced risk of psychiatric disorders along with boosting empathy and cooperation.

Join us for our 14-day virtual challenge to get outside! Pick activities from the list below that are accessible to you, your family, or your friends. You can get started at any time!

Tag us in your pics and TikTok videos #getoutsidebc2m



# Get Outside

with these Fun Outdoor Activities

bring  
change  
to mind

Find a sunny nook to read or nap

Have a snack in your backyard or by a window

Do a 5-minute meditation on your balcony

Go for a walk around your neighborhood

Draw some uplifting sidewalk chalk messages for your neighbors

Ride your bike to the park

Cloud-gaze or star-gaze

Organize a themed picnic with your buddies

Feed the ducks or fish at your local pond

Watch or play (insert sport) with friends and or family

Take your dog for a run

Roller skate to some sweet tunes

Visit a plant nursery; adopt a new plant pal

Use an app like GAIA GPS to plan a hike with some friends

Do a cartwheel in a grassy area

Take some surfing or paddleboard lessons

Plan a trip to your local Botanical Gardens or Arboretum

Borrow some binoculars and scope out the birds in your area

Hide compliment notes around your town to brighten a stranger's day

Cool off at the pool, beach, or lake

Plan a scavenger hunt

Have a fun outdoor photo shoot with your besties

Attend an outdoor concert

Browse your local farmer's market

