

WELL BALANCED^o

- JUNE 2024 -
The Great Outdoors Month



A healthy workplace culture starts outside of the entry doors—literally. The outdoors is the biggest resource for self-care promotion. Switching your meeting from sitting in a conference room to walking a nearby trail can improve mental and physical health as well as create a greater sense of well-being and community wellness. Studies show exposure to nature at work boosted productivity, helpfulness, and creativity. Finding time to head outside in between the hustle and bustle of everyday office life can be difficult. Here are some ways to incorporate nature into your workday:

» **Take Conference Calls Outside**

Tired of keeping earbuds in to avoid disrupting coworkers? Take the meeting outside—no headphones needed.

» **Change Your Lunch Scenery**

Instead of scrolling through emails while trying to eat your lunch, take your lunchbag outside. Enjoy eating on the back of your car or on a public bench, or take a walk and eat as you go if you're able.

» **Park Strategically**

The closest parking spots are usually the first to go. If weather permits, enjoy a more leisurely stroll into your work building to soak in the sunshine and morning breeze.



Want more resources on the benefit of the outdoors?

Throughout history, cultures around the world have turned to nature as a source of increased health and well-being. While science continues to support this connection and more programs are emerging to help us understand it, humans continue to spend the majority of our time indoors. Welcome to the Nature of Wellness™, Podcast, where Dr. Mark Campbell will explore the relationship between the natural world and the human experience. <https://natureofwellness.buzzsprout.com/>

» **Plan Dedicated Time Outdoors**

Commit more time to Mother Nature by scheduling a nature break in your workday calendar, just like a regular meeting.

» **Utilize the Outdoors as a Workspace**

Gather your laptop and notebook to head outside for your next Zoom call. When able, encourage coworkers to host a walking meeting in place of a standard conference room setting.

By prioritizing outdoor time in the workplace, employers can create a healthier, more engaged workforce and foster a positive company culture that values employee well-being and sustainability.



TRAIL TIP! Find a trail or park close to your work building and schedule a weekly walk there during lunch—You'll look forward to the nature break all week.

*Research: A Little Nature in the Office Boosts Morale and Productivity (hbr.org)
The wellness benefits of the great outdoors | US Forest Service (usda.gov)
10 Ways To Spend More Time Outdoors During The Workweek (forbes.com)*