

## Benefits of time outside

Researchers from Norwich Medical School studied data from more than 140 studies focusing on the link between nature and our physical and mental health. Their findings conclude exposure to green spaces, such as parks, forests or even landscape seen from a window can have a positive effect on our minds and bodies.

These studies found that exposure to greenspace reduces risks of Type 2 diabetes, cardiovascular disease, premature death, premature birth, stress and high blood pressure, and it increases sleep duration. These benefits were found when people spent time in nature or if they lived close to green spaces. Other physical benefits include:

- Reduced cravings
- Faster recovery
- Strengthened immunity
- Reduced blood pressure
- Better vision



Spending time in nature can improve your mental well-being too. Nature can bring:

- Reduced stress and depression symptoms
- Quieter brains
- Increase sense of calm
- Improved short-term memory
- Improved concentration

There are some cost-effective ways you can bring nature into your workspace by incorporating nature-inspired elements:

- Use wood on floors and for furniture.
- Add water features or a plant wall.
- Separate workers with plants instead of cubicles.
- Add gardens to your property where employees can go outside to work or take breaks.
- Add plants throughout your office space.

For those who work from home, here are some ideas for incorporating nature throughout your work day:

- Add plants to your desk or workspace, or use nature to decorate.
- Open your curtains and let the sunshine in.
- Use natural scents and sounds while you're working.
- Work outside for part of the day if you're able to.
- Use your breaks to take a walk or workout in your yard.

Sources: [assets.website-files.com](http://assets.website-files.com)\*, [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)\*, [outsideonline.com](http://outsideonline.com)\*, [theatlantic.com](http://theatlantic.com)\*, [scientificamerican.com](http://scientificamerican.com)\*, [correctionalnews.com](http://correctionalnews.com)\*, [sciencedirect.com](http://sciencedirect.com)\*, [tandfonline.com](http://tandfonline.com)\*, [mind.org.uk](http://mind.org.uk)\*, [journals.sagepub.com](http://journals.sagepub.com)\*

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