Benefits of Walking In Nature

1. **BOOSTS YOUR MOOD**
   - Increases oxygen level and sunlight exposure, which will increase your serotonin levels
   - Boosts endorphin levels and dopamine production
   - Helps our body slow down and feel calm

2. **REDUCES STRESS & ANXIETY**
   - Reduces cortisol levels
   - Relieves muscle tension
   - Helps calm your nerves

3. **IMPROVES OBSERVATION SKILLS**
   - Improves brain activity
   - Motivates you to use your senses
   - Helps you pay more attention to your surroundings

4. **GET BETTER SLEEP**
   - Boosts serotonin levels
   - Increases oxygen
   - Receiving sunlight helps increase melatonin levels

5. **LOWERS BLOOD PRESSURE**
   - Reduces any build up stress
   - Increases movement
   - Outdoor exposure helps you stay healthier

6. **IT’S GOOD EXERCISE**
   - Increases physical activity
   - Burns more calories
   - More fitness options

Get outside:

- **Make plans**
  Think of ways to spend more time outside.

- **Be prepared**
  Bring any items that you might need.

- **Stay safe**
  Remember to stay informed of the area you are in.

Being outdoors can benefit you mentally, physically, and emotionally.

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