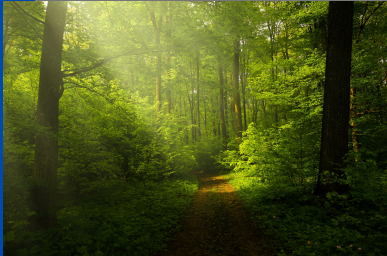


a few notes

Topic: Positive Effects of Nature



Daily Envision Employee Check-in Hosted by Dr. Stefanie Simmons

Today is Earth Day. In today's employee check-in with talk about how nature affects our health. Nature improves your psychological well-being. Nature helps in emotional regulation and improves memory functions. Just a walk in the woods or a stroll by the beach on a sunny morning can awaken the innermost feelings of happiness and peace. Get out and enjoy nature for your mental well-being.

Click here for [Source](#)