Nature reduces our anger, fear, and depression and increases our positive mood and psychological well being. It’s the focus of today’s employee-check in. You can still get out into nature and social distance. Taking a mental break and getting into nature will help increase our happiness and it aids in making us physically feel better. According to takingcharge.chs.umn.edu, time in nature also brings us out of ourselves and our narrow concerns and connects us to a larger world where we find beauty and interest. So get outside, do your exercise in nature, and limit your screen time to improve your health.

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