

# Weekly Wisdom

*Grow the Green for You and Your Team*



*"Nature itself is the best physician."*

*- Hippocrates*



## The Healing Power of Nature

Our surroundings have a powerful impact on our well-being - in good ways & bad.

Nature can evoke positive emotions such as awe, connectedness, and hope.

Noticing the nature around us can be calming and may reduce stress and our sense of isolation.

[brought to you by your friends at the Wisdom & Wellbeing Peer Support Training Program](#)

You don't have to go far to experience nature's benefits. The linked Noticing Nature exercise helps you tap into the nature around you -- glistening rays of sun or a cool breeze. The benefits come from *paying attention*.

If you'd like to get out in nature, the National Park Service has free admission days! Also try the AllTrails app to locate nearby hikes, wherever you are.