

TAKE IT OUTSIDE

 **Think about your day-to-day schedule. Are there times you could take it outside?**

We spend a large amount of our day at work, and for most people that work is all indoors. Not spending time outside during the week can contribute to stress and disrupt our well-being. Research shows that people who spend more time outside have greater positive well-being and lower mental distress.

(White, et. al., 2021)

WALKING MEETINGS

Get your body moving during meetings! Plan to have that meeting on a walk, or take that virtual meeting and get your steps in.



PICNIC POTLUCK

Have a picnic outside during employee's lunch break! Have everyone bring a dish to contribute, or try out a fun theme.



TIME OUTSIDE AT WORK

Do yoga in the park or try a group hike during a lunch break or set aside work time to get outdoors and get some fresh air.



OUTDOOR MEETINGS

Fresh air is good for everyone.

Take your meeting outside and soak in the sun while you connect with colleagues (weather permitting).



GEOCACHING

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