



THE UNIVERSITY OF ARIZONA

Andrew Weil Center for Integrative Medicine

Self-Care: Environmental Health » TIPS ON EXPERIENCING NATURE

Incorporate nature into where you work, live, play and learn.

Here are some tips to enhance your exposure and access to the health promoting benefits of nature.

Light rooms with bright natural light

Spend time in natural settings: gardens, parks, wilderness

Provide indoor potted plants within view

Allow outside air and natural sounds in

Display nature photography and realistic nature art

Watch nature on TV or videos

Listen to recorded sounds of nature

Welcome animals indoors

Provide a clear view of nature outside

Create a virtual experience (guided imagery)

Pay attention~ be mindful of nature and its beauty

Based on *Cultivating healthy places and communities: evidenced-based nature contact recommendations*. Largo-Wight E. *Cultivating healthy places and communities: evidenced-based nature contact recommendations*. *Int J Environ Health Res* 21(1):41-61 Feb, 2011.