

Nature at and around UD

On or up to five miles from UD campus:

- UD Botanic Gardens udel.edu/006559
- NCC Demonstration Garden /006560
- James F. Hall and Pomeroy trails /006561
- Newark Reservoir /006562
- White Clay Creek State Park (\$) /006563
- Middle Run Valley Natural Area /006564
- Glasgow Regional Park /006565

Five to 25 miles away from Newark:

- Lums Pond, Auburn Valley, Alapocas Run, Bellevue, and Brandywine Creek state parks (\$) /006563
- C&D Canal Trail /006567
- Jack A. Markell Trail /006568
- Blackbird Creek Reserve and State Forest /006563
- Elk Neck State Forest /006569
- Elk Neck State Park (\$) /006570
- ChesLen Preserve /006571

25 to 50 miles away from Newark:

- Susquehanna State Park /006578
- Bombay Hook National Wildlife Refuge (\$) /006579
- Ridley Creek State Park /006580
- Stroud Preserve /006581

50 to 100 miles away from Newark:

- Wharton, Brendan T. Byrne state forests /006630
- Prime Hook National Wildlife Refuge /006631
- Redden State Forest /006632
- Cape Henlopen, Delaware Seashore state parks (\$) /006563
- Blackwater National Wildlife Refuge (\$) /006633
- Harriet Tubman Underground Railroad National Historical Park /006634

All locations free to enter unless noted as (\$)



UNIVERSITY OF DELAWARE
STUDENT LIFE

Why you should go

- 4 minutes in nature: a return to 'base-line' levels of stress
- 5-7 minutes: significant improvement across several stress indicators
- lower blood pressure
- lower levels of anxiety and depression

UD's Roger Ulrich spent decades researching the health effects of nature. His work has served as the foundation for countless studies replicating and expanding upon these findings, including a randomized control trial that was recently conducted in Philadelphia. Learn more at udel.edu/006675

Get clickable links and more resources for your mental health here:



sites.udel.edu/counseling/resources



*Nature-based
self-care at the
University of
Delaware*

Center for Counseling
& Student Development

udel.edu/counseling

261 Perkins Student Center
302-831-2141

Tips for Getting There from UD Parking & Transportation

- **Walk, run or roll if you have the option.** It's easy (and required) to register your bicycle for on-campus use, and there are several do-it-yourself repair stations to keep you going. Learn more: udel.edu/006676
- **Local and regional transport is available** with UD Shuttle Buses, Amtrak, DART, Megabus, Septa, Unicity and more. Learn more: [/006677](http://006677)
- **Driving is easiest for remote destinations in this area.** Campus permits, meters, or the PassPort app can be used for on-campus parking. If you don't have a personal car at UD, partnerships like Enterprise CarShare make it possible to use a car for an hour, a day, or even overnight. Learn more: [/006677](http://006677)

Tips for Staying Safe from UD Police

Pedestrian Safety

1. Plan your route and share it with others. Follow trail signs and obey caution/warning signs.
2. Use marked trails and cross at crosswalks and intersections, when available.
3. Stay alert. Pay attention to your surroundings.
4. Take adequate water, food, a flashlight and first aid supplies.

Bicycle Safety

1. Ride in the direction of traffic—on the right—in the bike lane or in the middle of the lane if no bike lane is present.
2. Ride carefully when near pedestrians and announce your presence when approaching them.
3. Use white front lights and a rear reflector when riding at night.
4. Wear a helmet that fits you properly for the best protection.
5. Plan your route and choose routes with less traffic and slower speeds when possible.

Try this Mindfulness Activity Next Time You're in Nature

- Sit in a comfortable position.
- First, bring your attention to your breath. Without changing it, notice the rhythm to your breathing. Is it fast, slow, jagged, smooth?
- Now, begin to notice all the sounds around you. Rather than labeling them, for example, as birds chirping, just allow the sound waves to enter your ears. How many different sounds can you hear? Are they nearby or far away?
- Now, shift your attention to the smells around you. Can you smell the earth around you? Are there particular scents in the area you are visiting?
- Now, bring your attention to what you can see. What are the various colors, shapes, or textures in your surrounding area?
- Next, shift your attention to your mouth and notice any tastes that may be present.
- Finally, direct your attention to your sense of touch. Notice the way your body feels sitting on the ground. Do you notice any tension in your body?
- Finish the meditation with three deep breaths.

