

# Nature and Wellness

CFAES








**Presented by: Laura Stanton**  
 Ohio State University Extension  
 Family and Consumer Sciences



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## Objectives



- Understand the connection between nature and humans.
- Explore how nature improves our health and wellness.
- Learn how to invite nature into your life and get outside more.

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We are nature.

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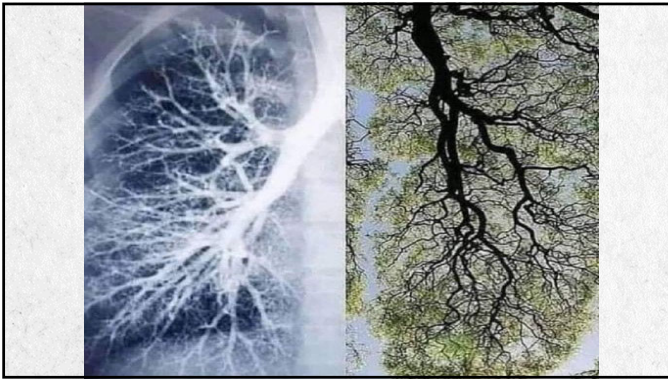
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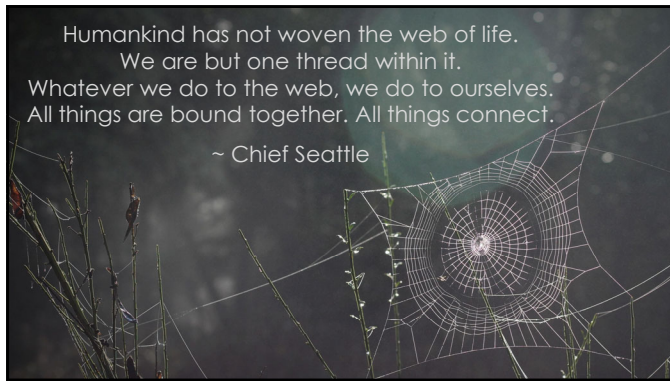
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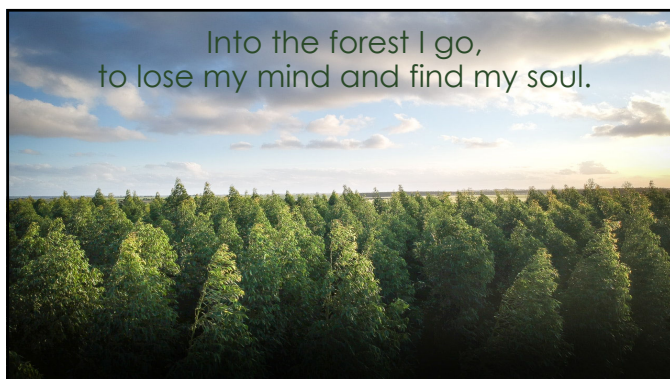
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### How Nature Improves Our Health

- Lowers heart rate
- Lowers blood pressure
- Lowers stress hormones
- Decreases anxiety
- Decrease depression
- Decreases inflammation
- Decreases fatigue
- Increases longevity



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### The Reality



- Americans spend approximately 93% of their time indoors.
- In 2019, the average adult spent 11.5 hours/day consuming media.
- A recent survey found it "increasingly normal to spend little time outside."

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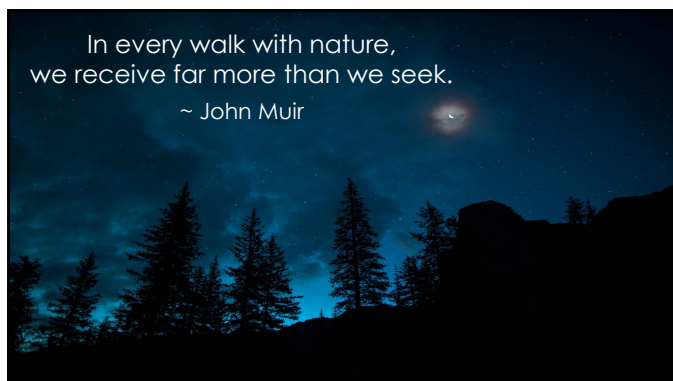
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### Nature in Our Lives

- Look out a window.
- Eat a meal outside.
- Feed the birds.

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### Nature in Our Lives

- Garden.
- Keep a nature journal.
- Add plants.

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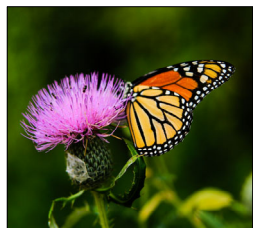
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## Final Thoughts

- Do what feels right to you.
- Make easy tweaks.
- Write nature into your schedule.
- Invite others to join you.
- Respect nature and yourself.



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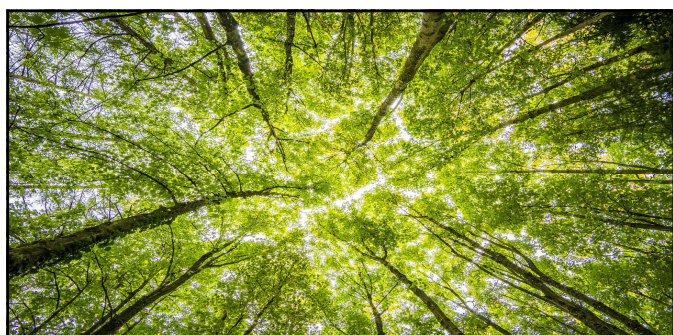
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**Nature Matters** [go.osu.edu/nature-matters](https://go.osu.edu/nature-matters)

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## Celebrate Earth Day: How Nature Impacts Your Wellness

Friday, April 22  
12noon – 12:30pm

Webinar is FREE!!

Register today at:  
[go.osu.edu/spring22webinars](https://go.osu.edu/spring22webinars)



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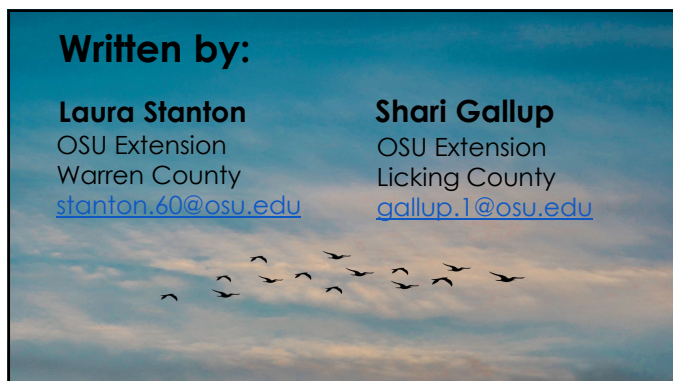
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**Written by:**

<b>Laura Stanton</b> OSU Extension Warren County <a href="mailto:stanton.60@osu.edu">stanton.60@osu.edu</a>	<b>Shari Gallup</b> OSU Extension Licking County <a href="mailto:gallup.1@osu.edu">gallup.1@osu.edu</a>
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