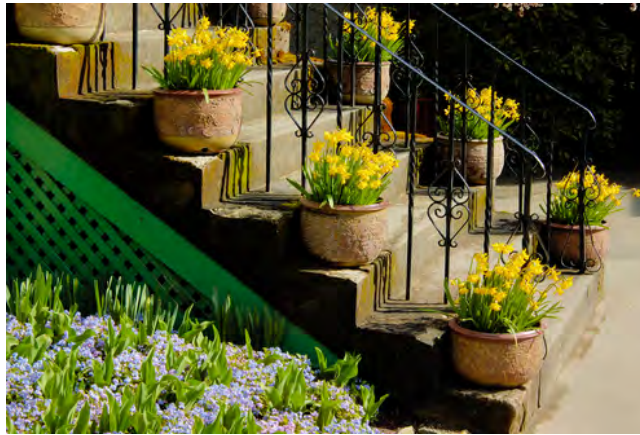


## Stress Management

## What You Can Do

**Managing stress is important for your health. One simple way to manage stress is to create healthy home and office environments by increasing “Nature Contact.”**



- Get a fish tank or a pet
- Get fresh air by opening your windows
- Listen to nature by stepping outside or playing a nature CD
- Get out -- take a break outdoors to give yourself a boost
- Advocate for your community: more parks and green spaces enhance health for all



**Incorporate nature contact inside to make your home and office healthier. Here are some ideas:**

- Add indoor potted plants -- the more the better
- Use natural, direct sunlight
- Plan for a view outside -- open blinds, move obstructions, and position seats to face windows
- Add nature photographs and paintings to your decor

### **Benefits of Nature Contact**

- Less Stress
- Lower Blood Pressure
- Faster Recovery From Illness
- Improved Concentration



Learn More:

Sponsored By:

**Designing and Building Healthy Places**, Centers for Disease Control and Prevention (CDC).  
<http://www.cdc.gov/healthyplaces/>

**My Green Doctor**, Florida Medical Association (FMA).  
[www.mygreendoctor.org](http://www.mygreendoctor.org)

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# Healthy Office

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# Healthy Home

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## Nature Contact Tips

