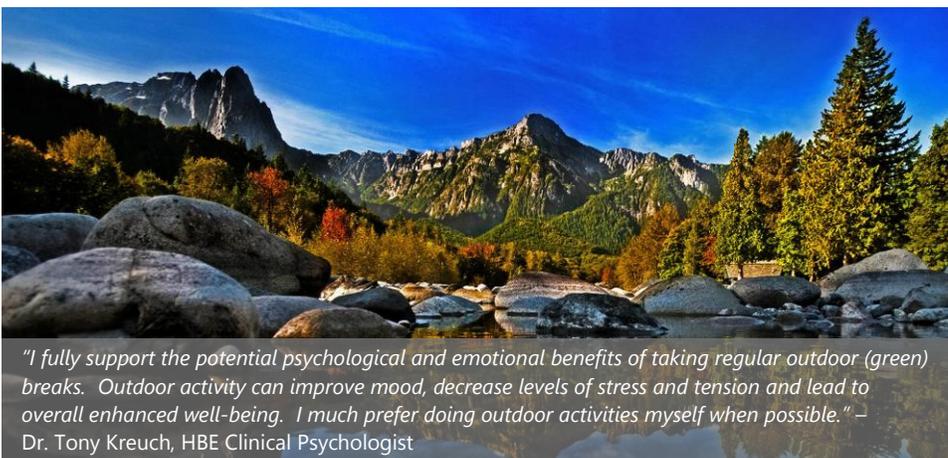




GREEN BREAKS FOR HEALTH & PROUCTIVITY

Even brief sessions of “nature therapy” improve health and work outcomes.

Research is confirming what we have always suspected: exposure to nature improves many physical and mental health outcomes, is the perfect cure for the sedentary office environment, and just makes us feel good. Research participants performed significantly better on cognitive tests after exposure to nature, compared with participants who performed similar activities in an office or urban setting. The best part is that it doesn't take a trip to the forest to reap many of these benefits. Eating lunch or taking a quick walk in any attractive area with some green, living things will often do the trick. Too windy? Allergies getting to you? Even looking out a window at trees showed benefits over looking at buildings or a screen. Our body and brain simply respond to “green.”



*“I fully support the potential psychological and emotional benefits of taking regular outdoor (green) breaks. Outdoor activity can improve mood, decrease levels of stress and tension and lead to overall enhanced well-being. I much prefer doing outdoor activities myself when possible.” –
Dr. Tony Kreuch, HBE Clinical Psychologist*

**Make “green”
breaks part of
your work and
weekend**

**Reduce stress and
many illnesses**

**Improve focus and
creativity**

**Try outdoor
meetings or lunch**

**Stretch at an
outdoor Energy Hub**

Find out more about
improving your health,
energy, and productivity by
searching for “green breaks”
and “optimizing energy” on
the HBE website

hbe.sandia.gov