What You Can Do

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

Stress Management

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
Learn More: 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

www.ncbi.nlm.nih.gov/pubmed/11275453

www.ncbi.nlm.nih.gov/pubmed/21246432