Take a Hike: No Really, It's Good for Your Health

Mental Health in the United States

Mental illness is the 3rd leading cause of hospitalizations among those 18-44 years old.

Approximately 50% of Americans will be diagnosed with a mental illness at some point in their lifetime.

How can we provide more support to mental health and well-being?

Spend more time in the natural world.

Facts About the Natural World and Personal Well-Being:

- Nature walks reduce overall perceptions of stress and depression.
- Nature walks also show significant improvement in self reflection over their urban counterparts.
- Exposure to sounds found in nature reduces activity in regions of the brain associated with stress and promote a calming effect throughout the body.

Sources