



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.¹

Approximately 50% of Americans will be diagnosed with a mental illness at some point in their lifetime.¹



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.²

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.⁴



Sources

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3. Bratman GN, Hamilton JP, Hahn KS, Daily GC, Gross JJ. Nature experience reduces rumination and subgenual prefrontal cortex activation. *PNAS*. 2015;112(28):8567-8572.
4. Gould van Praag CD, Garfinkel SN, Sparasci O, et al. Mind-wandering and alterations to default mode network connectivity when listening to naturalistic versus artificial sounds. *Sci Rep*. 2017;7: Article 45273. doi: 10.1038/srep45273 .