

Nature Break Invitation

Let's explore how time in nature supports well-being.

Intentionally stepping away from your routine to spend time in nature offers a profound and immediate boost to both mind and body. Research consistently shows that even small “doses” of time outdoors—as little as 5 to 20 minutes—can significantly reduce levels of the stress hormone cortisol, lower blood pressure, and decrease feelings of anxiety and anger. Beyond physical relaxation, connecting with natural environments enhances cognitive function and improves focus, concentration, and creativity, while also promoting emotional well-being and a sense of calm. Whether you are observing a cloud, listening to birdsong, or taking an outdoor meeting, these simple nature breaks are a powerful, accessible way to recharge your brain, improve your mood, and cultivate a stronger, healthier sense of self.

Using the “Nature Invitation” to have an AWE-some time outdoors.

This Nature Break Invitation is your simple map for **discovery**: you can give it to a friend, use it to invite your entire group, or fill it out to **invite yourself** to step outside and independently discover the real-life mental and physical benefits of spending time in nature. Nature can be a source of awe, wonder, inspiration, and connectedness.

Fill Out the Basics (Who, When, Where):

- Complete the **To**, **From**, and **Date** lines.
- Decide how long you or your group will take for the break and check the corresponding box under **Duration** (e.g., 15 minutes).

Determine the Group Dynamic:

- Under **I invite you to...**, **circle** the option that defines the nature of the break:
 - **Join me:** For a shared, planned experience.
 - **Explore on your own:** To encourage someone to take a solo break.
 - **Join our team or group:** For a team wellness activity.

Select the Activity (Your Nature Mission):

- Under **For**, check **ALL** the activities that apply. This is the fun part where you customize the experience (e.g., check “A moment of calm” and check “Some fresh air”).
- If you have a unique idea not listed, write it in the blank space provided.

Add a Personal Note:

- Use the **Note or Message** section to add details, context, or encouragement. This could include:
 - A specific location (e.g., “Meet by the big oak tree”).
 - A specific time (e.g., “At 2:00 PM today”).
 - A reminder of what to bring (e.g., “Bring your journal!”).

Deliver and Enjoy!

- Hand the completed card to the recipient or send a photo of it.