

VITALIZING EFFECTS OF BEING IN NATURE

A series of studies published in the Journal of Environmental Psychology found that being outside makes people feel more alive



Seeing natural elements are more likely to make people feel awake and energized



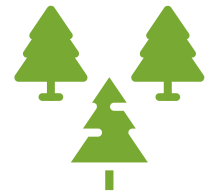
Thoughts of outdoor experiences are associated with higher perceptions of vitality



Photos of nature can also make people feel more energized



People experience more energy after 20 minutes outdoors



Activities are more vitalizing when experienced outdoors

HOW TO INCORPORATE NATURE INTO YOUR DAILY LIFE:



Take your work outside! Set up your work space on the porch or by a window.



Plan at least 20 minutes everyday to be outdoors.



Keep photos around to help visualize natural elements.



Please be sure to sign the petition to protect the San Gabriel Mountains and submit a testimonial at: www.apifm.org/protect

