Nature and Happiness

How To Be Happy lessons from the Happiness Alliance happycounts.org
There are many benefits to spending time in nature.
Nature is who we are.
Spending time in nature is good for your brain functioning.
Your memory is better.
You have a longer attention span.
Spending time in nature makes you happier.
Your memory of your experience in nature gives you lasting happiness.
Spending time in nature gives you a sense of meaning in your life.
Spending time in nature gives you a sense of connection with nature, your inner self and others.
Spending time in nature is invigorating. It inspires you.
You gain inspiration to do good things in your life and to help others.
You can get the benefits of spending time in nature from going into nature or bringing nature to you.
Having a picnic in the park or backyard, working outdoors, taking a short walk and focusing on the plants are some ways to spend time in nature.
Bring nature to you with potted plants or even a screen saver of a beautiful natural setting.
Appreciate nature at the grocery store and in the foods you eat.
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