

# Coffee & Chat



**Level Up**  
Elevate your total wellbeing.

OHRM Office of Human Resources Management



[Register](#) for the next **Coffee & Chat** webinar and join us on **Wednesday, May 5 at 9 a.m.**

- May is Mental Health Awareness Month and we want to know how you're doing.
- Check in with us and share how you're elevating your total well-being.
- Plus, we'll give away some random wellness prizes!



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## It's Spring... Get Back to Nature

You don't have to travel far from home to experience nature. The next time you go outside, take notice of nature—green spaces, fresh air, birds chirping—and how it makes you feel. The natural world is all around us, and spending time outdoors can have a positive effect on your health and well-being.

Here are some ways that nature can give you a boost:

- **Get fit.** Spending time outdoors provides plenty of ways to move your body, whether you're going for a hike in the woods or a walk around the block.
- **Increase vitamin D.** A daily dose of sunlight can help improve your levels of vitamin D. Be sure to protect yourself by wearing sunscreen when spending time outdoors.
- **Boost your mood.** Sunlight can raise your body's serotonin levels, which may also help improve your mood. Spending time outdoors may even improve your outlook and help you tap into some positive energy.
- **Improve your focus.** Taking a break to step outside can help you clear your mind. And doing so may also help you refocus your attention when you return to your task.
- **Lower your stress.** When stress builds up, a change of scenery can help you feel better. The sights and sounds of nature may help you calm your mind while reducing stress and anxiety.
- **Sleep better.** Getting outdoors in the sun helps keep your sleep cycle on track. This helps you feel energized during the day and ready for sleep at night. Try some fun ways to add more nature to your day:
  - Explore your own backyard to add more nature to your day
  - Add a bird feeder and birdbath to attract wildlife
  - Go hiking, fishing or camping
  - Go outside for a walking meeting

- Read a book under a tree
- Step outside to admire the night sky

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