

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





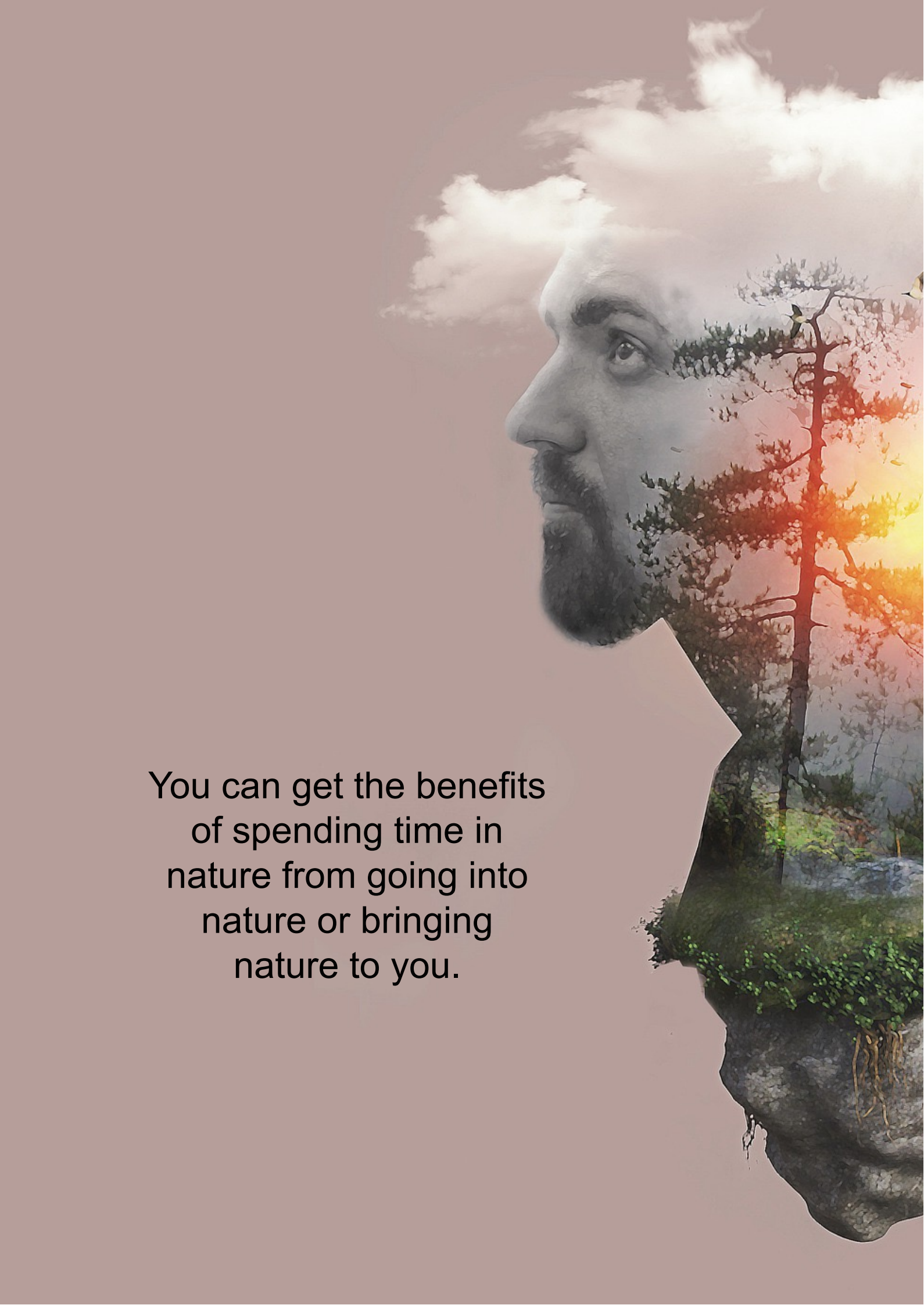
Spending time in nature gives you a sense of connection with nature, your inner self and others.

Spending time in nature is
invigorating. It inspires
you.





You gain inspiration to do good things in your life and to help others.

A composite image featuring a man's profile in grayscale on the left. The right side of his head is cut away, revealing a vibrant nature scene. Inside the head, there is a tall pine tree, a bright sun setting or rising behind it, and a rocky outcrop with green moss and roots. The background of the entire image is a soft, hazy sky with light clouds.

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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