



TSW TIME OUT

VOLUME 3

TRAUMA SENSITIVE WORKPLACE INITIATIVE

SELF-LOVE SUGGESTION NURTURE WITH NATURE

Spending time with or connecting to nature has many benefits. Time with nature can be going outside, listening to nature sounds, or looking at images of nature.

WHAT CAN NATURE DO FOR YOU?

- IMPROVED ATTENTION
- LOWER STRESS
- BETTER MOOD
- INCREASE EMPATHY
- REDUCE RISK OF ILLNESS
- IMPROVES MEMORY AND COGNITIVE FLEXIBILITY
- INCREASES POSITIVE SOCIAL INTERACTIONS
- IMPROVES COOPERATION
- DECREASES MENTAL DISTRESS

WEST VIRGINIA HAS NEARLY 50 STATE PARKS AND FORESTS! THESE AREAS HAVE ACTIVITIES FROM HIKING TO TRAIN RIDES AND MANY IN BETWEEN. [CLICK HERE](#) TO DISCOVER THE NATURE IN WILD AND WONDERFUL WEST VIRGINIA.

FAST FACT

ONE STUDY "FOUND PEOPLE WHO HAD SPENT AT LEAST TWO RECREATIONAL HOURS IN NATURE DURING THE PREVIOUS WEEK REPORTED SIGNIFICANTLY GREATER HEALTH AND WELL-BEING. THAT PATTERN HELD TRUE ACROSS SUBGROUPS INCLUDING OLDER ADULTS AND PEOPLE WITH CHRONIC HEALTH PROBLEMS, AND THE EFFECTS WERE THE SAME WHETHER THEY GOT THEIR DOSE OF NATURE IN A SINGLE 120-MINUTE SESSION OR SPREAD OUT OVER THE COURSE OF THE WEEK." ([HTTPS://WWW.APA.ORG/MONITOR/2020/04/NURTURED-NATURE](https://www.apa.org/monitor/2020/04/nurtured-nature))

We're Here for *YOU!*

Contact us for support and more resources to address Secondary Traumatic Stress and Vicarious Trauma. Be on the lookout for future trainings and newsletters! Email us at: TSW@Marshall.edu