

Mental Health Tip of The Month

Spend Time in Nature

Did you know June is national great outdoors month? Celebrate by spending time outside just taking in the sun, exercising, or trying a new outdoor activity. Engaging in outdoor activities can benefit your physical health as well as your mental health!

Spending time in nature has been linked with cognitive benefits, improved mood, and emotional functioning- all of which contribute to enhanced wellbeing!

- Restores attentional control
- Improves working memory
- Promotes social functioning

Ecotherapy, also known as nature therapy, is a formal practice involving various nature-based techniques to improve mental and physical wellbeing. Research indicates a connection between Ecotherapy and reduced stress, anxiety, and depression.

Nature Based Activities

- Gardening
- Physical activity (walking, running ,hiking, biking)
- Exposure to green space (parks, gardens, wilderness areas)
- Birdwatching
- Find Nature in New York City
 - Visit the highline
 - Visit New York botanical garden
 - Visit the ravine at prospect park



hudson guild

If you feel you would benefit from professional support, reach out to NYC Well for informal services or Hudson Guild's clinic to inquire about psychotherapy services.

NYC Well: 1-888-NYC WELL (692-9355) or text WELL to 65173

Hudson Guild Mental Health Counseling Services: (212)-760-9822