

# Earth Day and Every Day, Find Health and Happiness Outdoors



Earth Day is an annual global celebration held every April 22 to bring people together to show their commitment to environmental causes and the preservation of our planet. Since its first celebration, in 1970, Earth Day has evolved into what is believed to be the world's single largest civic event, mobilizing billions of people across 192 countries to safeguard our planet and fight for a brighter future by joining Earth-friendly initiatives.

Whether you're cleaning up a local beach, planting trees or starting your own organic garden, the day's emphasis on getting outside makes this the perfect time to think about the health benefits of enjoying nature year round. According to current research, being out in nature not only improves your mood, it also provides numerous other health benefits, including:

- Strengthens the immune system
- Lowers blood pressure
- Reduces stress
- Increases focus, even in children with ADHD
- Accelerates recovery from surgery or illness
- Increases energy levels
- Improves sleep

Get outdoors this Earth Day and every other day so you can continue to enjoy the mental and physical health benefits of being in nature.



**COMPSYCH**  
GuidanceResources® Worldwide



24/7 Live Assistance:  
Call: 877-527-4742  
TRS: Dial 711



Online: [guidanceresources.com](https://www.guidanceresources.com)  
App: GuidanceNow<sup>SM</sup>  
Web ID: State of Delaware

