GO OUTSIDE. UNPLUG. RECONNECT.

Spending time outside, unplugging & connecting with the environment can shift your mood from depressed, stressed, & anxious to more calm & balanced!

Besides boosting happiness, positive emotion, and kindness, exposure to nature may also have physical and mental health benefits:

**NATURE SOOTHEs**
Being in nature, or even viewing scenes of nature, not only makes you feel better emotionally, it contributes to your physical wellbeing by reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.

**NATURE CONNECTS**
Connecting with our environment reminds us that we are all part of a greater whole. Nature may evoke feelings of awe, wonder & gratitude — all emotions linked to increased trust, cooperation, and closeness with others.

**NATURE REFRESHeS**
Spending as little as 1 hour in nature can boost your memory and attention span by giving a respite to our overactive minds.

How YOU can help protect our environment by creating a SUSTAINABLE DARTMOUTH.

And of course...

**RECYCLE!**

- **Turn it off.** Whether it’s a faucet while you’re brushing your teeth or the TV when you leave the room, if you aren’t using something turn it off.
- **Go forkless.** Bring your own fork,spork or spoon and don’t take a plastic one from Collis.
- **Go bagless.** Bring a bag and avoid getting a plastic bag at Topside!
- **Drink tap water & ditch the disposable water bottles.**
- **Travel the environmentally friendly way.** When possible walk, ride your bike, or take public transportation.

Pine Park — Beautiful walking trails right behind the golf course!

Occom Pond — Also near the golf course — a lovely pond to sit, reflect, and rejuvenate.

Dartmouth Outdoor Programs provides opportunities for the Dartmouth community to explore the outdoors.

DARTMOUTH CONNECTS WITH NATURE... CAN YOU?