

## READ ME FIRST

Here are some ideas and resources to support this topic.

Here are some ways you can support your employees this month (resources attached):

- Share the article and flyers with employees
- Create greenspace at your worksite
- Contribute volunteers or resources to local efforts at creating green spaces

Here are some additional resources:

- Forest Service, US Department of Agriculture: [The wellness benefits of the great outdoors](#)
- American Psychological Association: [Nurtured by nature](#)
- Harvard Health Publishing: [A prescription for better health – go alfresco](#)
- Centers for Disease Control and Prevention (CDC): [tick safety](#)

Sources used in the article:

1. <https://www.epa.gov/report-environment/indoor-air-quality#importance>
2. <https://www.apa.org/monitor/2020/04/nurtured-nature>
3. <https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>