



Mental Well-being Matters

Nature is a natural stress buffer!

Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress, and increases pleasant feelings. Take some time this week to get outside. Concentrate on the scene around you. Even a quick step outside can feel rejuvenating. Try a virtual calming room, such as www.virtualcalmingroom.net if you cannot go outside.

ADDITIONAL RESOURCES

- **Mental Health and Well-being Resources** including well-being tips, online training, and more at health.state.mn.us/people/mentalhealth.html
- **Crisis Text Line:** Text 'MN' to 741741 to receive support for any crisis, 24/7
- **National Suicide Prevention Lifeline:**
1-800-273-8255

