

Employee Assistance Program

Being outside will help you feel
refreshed and relaxed.



Get a daily dose of fresh air:

- Step outside and take slow, deep breaths.
- Keep plants in your home and work environment to improve air quality.
- Air out your house as often as you can.

Caught up in our busy lives, we often forget about the importance of spending time outdoors. Getting fresh air is good for the mind and the body because:

- Walking outside and breathing in fresh air can boost your energy level and give you a chance to clear your mind and relax.
- It helps dilate the airways of your lungs.
- Even a simple walk can boost the immune system.
- Outdoor exercise improves your heart rate and will help you sleep better.
- People often feel calmer and happier just being out in nature.

Log on to www.eap.calhr.ca.gov or call today to learn more about the benefits of spending time outdoors.



Employee Assistance Program
1-866-EAP-4SOC (1-866-327-4762)
TTY users should call 1-800-424-6117
Visit us online: www.eap.calhr.ca.gov



www.eap.calhr.ca.gov

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