



EAP and
organizational
health

For your mental health, go play outside!

The benefits of movement and nature on your well-being



Movement

- Boosts self-esteem and sense of personal effectiveness
- Reduces the risk of burnout and absenteeism
- Increases productivity
- Provides benefits that last **2 to 7 hours** after a single session



Nature

- Strengthens impulse control
- Increases generosity, cooperation, and sense of belonging
- Helps you recover from life's adversities
- Provides benefits after just **1 to 10 minutes** of exposure

Common benefits

- Improves focus and attention
- Improves mood
- Reduces stress and anxiety

Questions or concerns about your
lifestyle habits?
Contact Brio EAP: scan the QR code.

