

get outside + move

Fall is a gorgeous season in northern New England! Whether on wheels or walking, getting yourself out into the natural world can be a great way to **unplug, recharge and connect.**

take yourself outside without devices

Going device-free opens us up to take in the good around us, while helping us focus on the HERE & NOW. Fight FOMO and the constant lure of connectivity and social media by taking a break from your phone, and instead:

- Walk with a lifted gaze, and pause to engage in conversations with friends, profs, and passers-by that you might otherwise miss.
- Boost your mindfulness by opening all of your senses and experiencing the familiar landscape like it's the first time you are seeing it.
- Calm your busy mind by simply being present in the natural environment.

boost your energy

Time outside with fresh air, natural light, and regular exercise is a great way to refresh your body and your mind naturally.

Recharge with a brisk walk/ride, or do anything that gets your heart pumping. The endorphins that you get as a result of exercising work wonders for your overall brain function & memory.

Revitalize your mood & energy levels with as little as 20-minutes in nature! Studies suggest that time spent outdoors improves physical & mental health and boosts vitamin D levels. Even more, spending time among trees can significantly lower stress levels!

movement-based connections

In addition to the health benefits of movement, holding meetings while walking/riding can generate deeper connections and enhance creativity.

Moving side-by-side with a friend, partner, or group member can help boost cooperation, positive feelings of one another, and creative conflict resolutions.

Say goodbye to writer's block - Stanford researchers found that walking/riding boosts creative output by 60 percent with as little as 15-minutes of movement

Need a creativity boost but can't get outside? Any way you can pause and unload your mind can be helpful. Try a short meditation, a mindful shower, or a 20-minute nap.

so much nature in hanover!

on campus

Pine Park | beautiful trails among 125-year old pine trees! Trails can be accessed through the Hanover Golf Course behind Occom pond

The Bema | a wooded and grass-covered area with an outdoor amphitheater behind Fayerweather dorms

Occom Pond | A combination of sidewalks and peaceful streets will take you around this pond located just past Dick's House & near the Hanover Country Club

near campus

Mink Brook Nature Preserve | a natural retreat with trails for all abilities just south of downtown Hanover

Balch Hill | A short hike with expansive views of campus and the Upper Valley

