

Getting Back to Nature Through Green Exercise to Cope with COVID-19

Here are list of activities which you can do in nature, which Green Exercise can have positive impact on your mental health during these stressful times:

- Cycling
- Walking
- Fishing
- Boating
- Gardening
- Farming activities

Here the types of nature environments you might want to explore during these stressful times:

- Waters: Ponds, Lakes, Streams, Rivers, Bays, Gulfs and Oceans
- Countryside: Farmlands, Forests and Woodlands
- Wild habitats
- Urban Greens

The study: *What is the Best Dose of Nature and Green Exercise for Improving Mental Health* found that self-esteem and improved mood came from Green Exercise irrespective of duration, intensity and location (Barton & Petty, 2010).

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