Employee Wellness Toolkit | August 2025  
**Premera Plan Members**

**EMAIL ARTICLE**

*Use this copy to create an email or article to include in your regular employee newsletter*

**A person sitting on a bench

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**Benefits of Spending Time in Nature**

Spending time in our natural surroundings can provide a wide array of health benefits. Whether it’s a walk in the park, a hike through the woods, or just sitting under a tree, being outdoors can ease stress, lift your mood, and support better physical health.

Here are just some of the benefits of stepping outside:

* **Sharper focus and better attention.** Natural settings can help alleviate mental fatigue by reducing stress; and improving your focus, concentration, and cognitive flexibility, especially after long periods of work or screen time.
* **Improved mental health and emotional balance.** Exposure to nature has been linked to lower rates of anxiety, depression, and mood disorders. Furthermore, studies show that dedicated time to be outdoors can help avoid negative thought patterns.
* **Stronger immune function.** Spending time in nature can reduce stress hormones, like cortisol, which suppress your immune system. Sunlight can also contribute to stronger immune function by increasing vitamin D levels and improving your sleep.
* **More physical exercise.** Stepping outside can promote more physical activity, which is great for your mind and body. Walking outside for a few minutes every day can improve cardiovascular health, strengthen your bones, and boost your overall mood.
* **Increased social connection.** Shared, natural spaces are also social spaces. Time outdoors often leads to more face-to-face interactions and stronger communities, which can help foster a sense of belonging and reduce feelings of isolation.

There’s a reason why people who live near parks and green spaces report less mental distress. In addition to offering a break from daily life, quality time spent outside can help your mental and physical health in countless ways.

**RESOURCES FROM BHS (enter BHT in employer ID to read)**

[Staying Focused When Vacation Is Calling](https://memberaccess.behavioralhealthsystems.com/pdf/newsletters/2025-07)

[Balancing Social Media and Real Life](https://memberaccess.behavioralhealthsystems.com/pdf/newsletters/2025-07)

**WEBINAR FROM BHT**

[Time Management: Making the Clock Work for You](https://seattlemetrochamber.zoom.us/webinar/register/WN_NxIpr9s2T--CBFO7CuKGiQ" \l "/registration)

[Sept 17, 2025 | 11:15 AM](https://seattlemetrochamber.zoom.us/webinar/register/WN_NxIpr9s2T--CBFO7CuKGiQ" \l "/registration)

**ALWAYS THERE FOR YOU** | Your Mental & Behavioral Health Benefits

Don’t know where to start? **Call Behavioral Health Systems at 888-720-5237** to talk with a trained counselor 24/7, 7 days a week, 365 days a year.

* **Boulder:** Video visits and messaging with a therapist for treatment of opioid and alcohol use disorders. [boulder.care/getstarted](https://www.boulder.care/get-started)
* **Doctor On Demand:** Video and phone-based primary/urgent care and mental health therapy. [doctorondemand.com/premera](https://www.doctorondemand.com/premera)
* **TalkSpace:** Video and phone-based mental health therapy. [talkspace.com/premera](http://talkspace.com/premera)

**SLACK OR TEXT MESSAGE**

*Use this copy to send a group message to your team through Slack, text, or other messaging platform*

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**Recognizing the Link Between Mental and Physical Health**

Whether it’s a walk in the park, a hike through the woods, or just sitting under a tree, being outdoors can ease stress, lift your mood, and support better physical health.

Here are 5 benefits of stepping outside:

* **Sharper focus and better attention.** Natural settings can help alleviate mental fatigue by reducing stress; and improving your focus, concentration, and cognitive flexibility.
* **Improved mental health and emotional balance.** Exposure to nature has been linked to lower rates of anxiety, depression, and mood disorders.
* **Stronger immune function.** Spending time in nature can reduce stress hormones that suppress your immune system.
* **More physical exercise.** Walking outside for a few minutes every day can improve cardiovascular health, strengthen your bones, and boost your overall mood.
* **Increased social connection.** Time outdoors often leads to more face-to-face interactions and stronger communities, which can help reduce feelings of isolation.

In addition to offering a break from daily life, quality time spent in nature can help your mental and physical health in countless ways.

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**Help is a phone call away.**

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