



Build Outdoor Habits that Stick

Spending even just a few minutes outside can lower stress, improve focus, and support physical health and mental well-being. Here is a simple, flexible schedule to help you get started.

Each week, pick one activity from each category below for a total of three. You choose the days and the pace that works for you. The goal is to build a set of habits that work for your schedule.

□ 5–10 minutes

→ Eat one meal outdoors.

Enjoy your breakfast, lunch, or dinner in a park, backyard, or on your balcony.

→ Stretch or move outside.

Take a quick stretch break in fresh air or try a simple breathing exercise.

□ 10–30 minutes

→ Take an indoor activity outside.

Take your reading, journaling, or morning coffee to your porch or a park bench.

→ Share a walk with someone.

Catch up with a friend, neighbor, or take your pet for a walk in nature.

□ 30 mins or more

→ Do an outdoor exercise.

Try biking, hiking, running, or a group fitness class in your local park.

→ Explore someplace new.

Visit a local trail, beach, or garden you've never been to before.

Remember, there's no one correct way to spend time outside, the key is to start!



Call **1-888-287-2680**, Monday through Friday, 8 a.m. to 5 p.m. We can match you with a mental health specialist in your area or help you find addiction treatment.

For help after hours, call us at **1-800-297-6877** so we can evaluate your symptoms, provide next steps, or contact an on-call psychiatrist.



The number one app for sleep and meditation—designed to help lower stress, anxiety, and more.

[Sign in to kp.org](https://www.kp.org) to get started.



Headspace Care (formerly called Ginger) offers 1-on-1 emotional support coaching and self-care activities to help with many common challenges. [Sign in to kp.org](https://www.kp.org) to get started.