

# Coping with Changes

*Brought by COVID-19*



## Getting outside

Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. Nature heals, soothes, restores and connects us. In one study, researchers found that more than two-thirds of people choose a natural setting to retreat to when stressed.

Here are some ways to experience the restoring quality of nature right from your own home:

- Watch a lovely [nature video](#) (if you want to remove the guided narration or other sounds, [click here for options](#))
- See beautiful [nature photos of Lake Superior](#)

[How nature impacts our wellbeing](#)

[Get outside](#)

[Bring nature inside](#)



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