

VANTREO

INSURANCE BROKERAGE

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Bringing the Outdoors Into Your Work-from-Home Routine

From a stroll through the park to a day spent hiking, general exposure to green spaces has been linked to numerous physical and mental benefits—including improved attention, lower stress and better mood. As such, spending time in nature can help remote employees be more focused, inspired and creative.

You don't have to go on a two-hour hike or even break a sweat. You can benefit just from being outside among trees and other green spaces for roughly five minutes.

Here are ways some outside time can support your mental health and overall well-being during the workday:

- **Boosts your mood**—Exposure to natural light stimulates your body's production of mood-boosting vitamin D and serotonin. Studies also show that it can lower anxiety and depression.
- **Lowers stress**—While going outside can be an immediate stress reliever, the most significant impact comes from spending 20 to 30 minutes outside.
- **Regulates sleep**—Sunlight regulates circadian rhythms to align with your body's internal clock. As a result, going outside for a few minutes helps keep you awake and alert during the day, making it easier to get better sleep at night.
- **Improves mental capabilities**—Spending time outside before starting tasks can help improve your memory and your ability to concentrate and focus.

Since outside time can be beneficial to your mental health, consider the following ideas to get started and incorporate the outdoors into your daily work-from-home routine:

- Meditate outdoors for 10 to 15 minutes in the morning.
- Move your workspace by a window so you can see greenery or be exposed to more natural light.
- Add indoor plants or fresh flowers to brighten up your workspace.
- Take regular activities outside, such as reading or working on your laptop.
- Go on a lunchtime walk for a midday break.
- Have a picnic lunch or dinner.
- Try an outdoor workout class before or after the workday.
- Take up gardening to regularly connect with nature.

You don't have to be outdoorsy to reap nature's benefits. Find small ways to incorporate fresh

air and sunlight into your daily schedule to improve your overall well-being. If you're unsure how to do it, talk to your manager to discuss options that work for your schedule.

VANTREO is here to help. Just [Reply here](#) [1].

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CORPORATE MAILING

1901 W Corporate Way
Ste 1
Anaheim, CA 92801
info@vantreo.com
[\(800\) 967-6543](tel:(800)967-6543)
Fax (707) 546-2915

CHICO

VANTREO
2068 Talbert Dr Ste 100
Chico, CA 95928
[\(530\) 895-1555](tel:(530)895-1555)

EUREKA

Craig Hansen
Insurance Service
2103 Third Street
Eureka, CA 95501
[\(707\) 445-9691](tel:(707)445-9691)

SACRAMENTO

Benefits Done Right
601 University Ave
Ste 250
Sacramento, CA 95825
[\(916\) 568-2345](tel:(916)568-2345)

SAN RAFAEL

VANTREO
851 Irwin St.
Ste 300
San Rafael, CA 94901
[\(415\) 922-2300](tel:(415)922-2300)

SANTA MONICA

Tegner Miller
2001 Wilshire Blvd
Ste 101
Santa Monica, CA 90403
(310) 828-9662

SANTA ROSA

VANTREO
100 Stony Point Rd
Ste 160
Santa Rosa, CA 95401
(707) 546-2300

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