



Nature: The Low Cost, Low Effort Intervention

Those of you who love to be in the outdoors already know, without the research to support it, nature does a body good. We urge you to find ways for yourself and those you support to reap those benefits.

Resource referenced in episode:

<https://www.springernature.com/gp/researchers/sdg-programme/sdg3/mental-health-research>



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