

Restore Activity Series

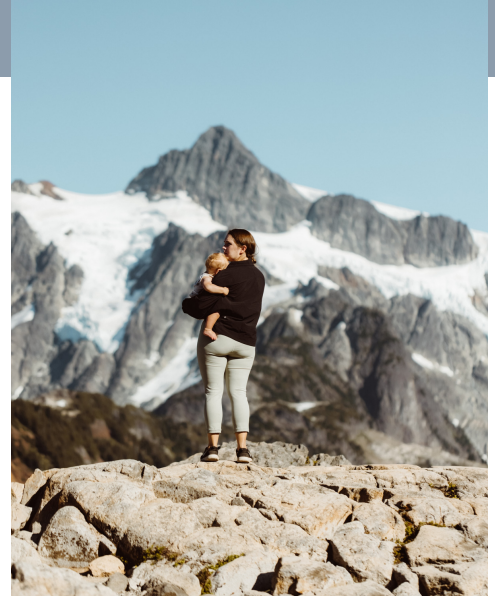
# Get Outside



## Tips for Enjoying the Outdoors in the Postpartum Months

# Activities

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**Go for a walk or hike.** Keep it simple, don't try to overdo it right out of the gate. Baby carriers provide an easy way to bring your baby along for the adventure!

**Read a book on the patio.** Or wherever you can sit outside. Bring a pack and play or lounger outside with you so your baby can hang out safely nearby.

**Have a picnic.** Pack a blanket and your lunch in your diaper bag and head out to your favorite part of your yard or favorite park. Your baby can lay on the blanket with you while you enjoy the sights.

**Go on a scavenger hunt.** This silly yet fun activity is a great way to get your mind going and get you outdoors. Make a list (or find one online) of things you want to find, put on your sneakers, and head out to find them. Take pictures of them to document the experience and to enjoy some creativity. Just like with the walk or hike, your baby can join you whether by baby carrier or stroller.

**Visit places you've never been.** Make a list of local spots (parks, hiking trails, etc.) that you've always wanted to visit. Mark them off once you do!



# The Research

Below are some key pieces of research and articles around the benefits of getting outdoors.



Decker, Ed. "How the Great Outdoors Improves Mental Health." Arts + Mind Lab, [www.artsandmindlab.org/mother-nature-knows-best-how-the-great-outdoors-improves-mental-health/](http://www.artsandmindlab.org/mother-nature-knows-best-how-the-great-outdoors-improves-mental-health/).

McQuillan, Susan. "Nature's Role in Mental Illness: Prevention or Treatment?" Psychology Today, 24 Sept. 2019, [www.psychologytoday.com/us/blog/cravings/201909/nature-s-role-in-mental-illness-prevention-or-treatment](http://www.psychologytoday.com/us/blog/cravings/201909/nature-s-role-in-mental-illness-prevention-or-treatment).

Novotney, Amy. "Getting back to the great outdoors." American Psychological Association, Mar. 2008, [www.apa.org/monitor/2008/03/outdoors](http://www.apa.org/monitor/2008/03/outdoors).

Pearson, David G, and Tony Craig. "The great outdoors? Exploring the mental health benefits of natural environments." Frontiers in psychology vol. 5 1178. 21 Oct. 2014, doi:10.3389/fpsyg.2014.01178.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4204431/>.