

# Mental Wellness and hiking



## Clear your mind

Hiking in a natural environment offers increased mental benefits.

## Boost your Brain

Hiking stimulates the memory and the cognitive functions. The sights, smells, and sounds of nature are calming.

## Connection

People connect with themselves and nature in a way that brings peace and a sense of well-being.

## Self-acceptance

Exercise can improve self-acceptance by improving your health and body image. It builds strength in many important muscle groups and improves bone density

## Self-discipline

The great outdoors reduces stress, calms anxiety, lowers the risk of depression and helps regulate your mood.

## Positive attitude

Hiking in nature liberates you from negative emotions and mental fatigue.



[www.trailgazers.eu](http://www.trailgazers.eu)



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