The well-being of the students, staff, and faculty at UW-L is paramount. Improving state of mind, health, and safety takes commitment, but doesn’t have to be time consuming. Take 5 minutes for your health.

#UWL Take a Break

Studies show that spending time in nature reduces feelings of depression, increases the sense of well-being, improves energy, and increases overall feelings of vitality.

Take a break in nature: #Ecotherapy.

- Find some green space and go there. The lawns on campus are beautiful.
- Work in a garden. Pull weeds, till the earth, plant vegetables, fruit, legumes and flowers.
- Take a walk in the woods.
- Head to the river, sit on the beach with the sand between your toes.
- Ride your bike on the marsh trails and use all your senses to experience your environment.
- Bring some nature inside: get a plant, collect a rock, or a fallen leaf.
- Share your ecotherapy.

Brought to you by the Division of Student Affairs, Student Life Wellness Resource Center