

BENEFITS OF NATURE:

- Lowers stress levels
- Allows focus to be more present
- Increases positive emotions
- Social interaction

ON-CAMPUS OUTDOOR SPACES:

- Marks Hall Courtyard
- Law School Fountain
- Lawn outside Annenberg School for Communication
- Bing Theatre Fountain
- Additional Quiet Spaces

WAYS TO EXPERIENCE NATURE:

- Observe the trees
- Walk barefoot on the grass
- Lay down and look at the clouds
- Listen to the birds
- Take a short walk
- Take a break from technology

OFF-CAMPUS OUTDOOR SPACES:

- Runyon Canyon Loop
- Los Liones Trail
- Franklin Canyon Park
- Griffith Park Trails
- Additional Resources
- KCLC Resources