



Earth Love Month

Day 20: Plan a communion with nature

According to a [Stanford University Study](#), connecting with nature has measurable mental health effects and may prevent depression. Here's our prescription (pick any):

- Have picnic in Central Park (or a stroll)
- Go birding! ([yea, its a thing](#))
- Take a walk along [The Highline](#)
- Go hiking somewhere you have never been before
- Visit Historic Hudson Valley (check out these views of [Kykuit](#))

