



TEXAS
Health and Human
Services

Texas Department of State
Health Services



Be kind to your mind.



Spend time outdoors to improve mental health.



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learn more





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Fresh air helps your body and your brain!



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The great outdoors is great for mental health.



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Take a hike!



**Biking, hiking, walking, or running
– this trail helps improve your physical
and mental health.**

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learn more





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Move your body, boost your brain.



Your mental health benefits from every step, pedal, or skip.

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learn more

