A CAL POLY EMPLOYEE RESOURCE

OUTSIDE REFRESH!

EMBRACING NATURE FOR HEALTH AND WELL-BEING

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FATIGUED?
BURNT OUT?
LOSING FOCUS?

TURN TO NATURE!

Research finds that exposure to **natural elements** is associated with a wide range of **physical and mental health benefits**, restoring the body and the mind.

Here's how you can benefit from incorporating nature into your workday and workspace.

How You Can Benefit Physically:

- Get exercise
- Reduce your risk of hypertension, chronic inflammation, Type II diabetes, and cardiovascular disease
- Boost your body's resilience to the impacts of chronic stress

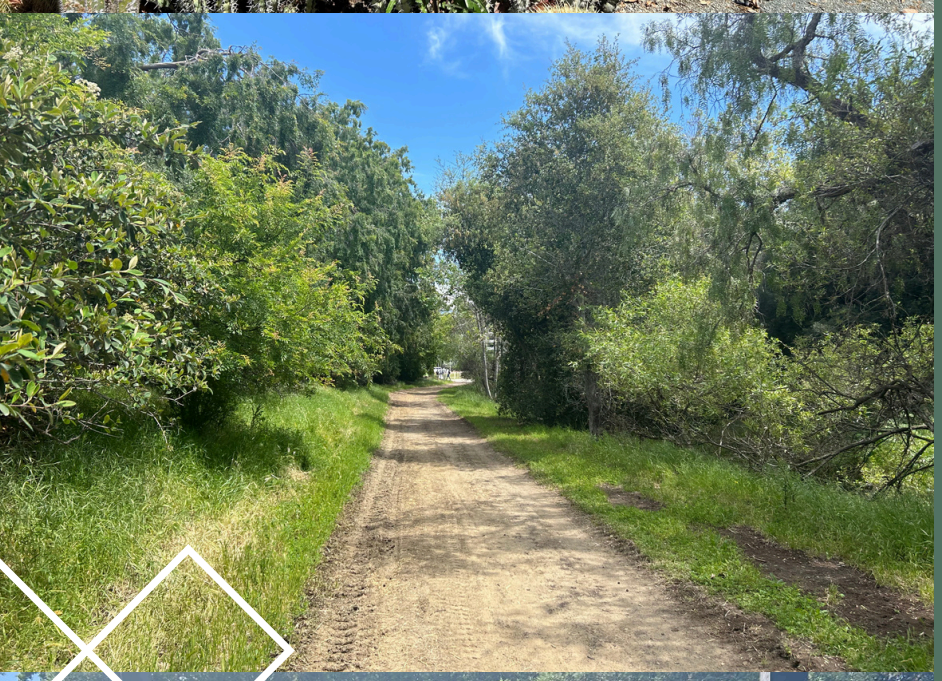
How You Can Benefit Mentally:

- Increase your attention and ability to focus
- Feel less stressed
- Improve your mood, self-esteem, and feelings of well-being
- Improve your self-control and decision-making abilities
- Enhance your productivity
- Relieve symptoms of anxiety and depression
- Reduce the likelihood of becoming anxious or depressed

NEED TO DE-STRESS AND STRETCH YOUR LEGS?

TAKE A WALK AT CAL POLY!







CACTUS GARDEN

5 minutes

O'Neill Green San Luis Obispo, CA 93407

The Cal Poly Cactus Garden is located on the O'Neill lawn near Building 003 (Business). Observe the plants for a quick walk. If you want to eat lunch outside, you can walk to the picnic table near the Architecture and Environmental Design building.

WEST CREEK ROAD ⚠

30 minutes

On Highland Dr, near Crops Science, take a long flat walk. This out-and-back walk includes lots of flowers and trees. In addition, if you want to see horses before or after the walk, they are a short 5- minute walk away near Crops Science.

LEANING PINE ARBORETUM

30 minutes

The Leaning Pine Arboretum is located past the Cal Poly Plant Shop at the end of Via Carta. Use all your senses to take the gardens which were designed, built, and maintained by Cal Poly students. This walk can be as long as you want, depending on how many gardens you decide to check out.

CLICK THE TITLES FOR MORE DETAILED INFORMATION ABOUT THE WALKS

PLACES MARKED ⚠ ARE ISOLATED. BRINGING A FRIEND IS RECOMMENDED FOR YOUR SAFETY

NEED TO RESTORE FOCUS AND GET SOME EXERCISE?

TAKE A HIKE AT CAL POLY!



ARCHITECTURE GRAVEYARD ⚠

1 hour

Start at the large yellow gate where Village Drive meets Poly Canyon Road. Follow this flat, gravel trail for about a mile until you get to the rock arch and wooden map. Follow the path up to Arch Graveyard to view student architecture projects among the rolling hills.



HIKE TO THE P ⚠

35 minutes

The trail entrance is located behind the Cerro Vista Parking lot and the Red Bricks dorms. This short hike leads up to the Cal Poly “P” which is often painted in different colors depending on the time of year. When you arrive at the P, you can overlook the entire Cal Poly campus.



PCV TO THE PLANT CONSERVATORY ♿

10 minutes

Enjoy lots of greenery and flowers on the short walk from Poly Canyon Village to the Cal Poly Plant Conservatory. After arriving at the Plant Conservatory, feel free to sit down and study at one of the tables or take a free plant cutting.

NEED THE STARTING POINT? SCAN THE QR!

PLACES MARKED ⚠ ARE ISOLATED. BRINGING A FRIEND IS RECOMMENDED FOR YOUR SAFETY

NEED FRESH AIR AND A BITE TO EAT?

OUTDOOR LUNCH SPOTS AT CAL POLY!







PLANT CONSERVATORY

Building 072

Campus dining nearby: Subway, Einstein Bagels, Poly Canyon Market, Taco Bell, and Vista Grande

SIERRA MADRE PICNIC TABLES ⚠

35.29937 ° N, 120.65405 ° W

Campus dining nearby: Vista Grande, Jamba Juice, and Scouts Coffee

YAK?ITyUTyU LAWNS ♿

1 Grand Ave, San Luis Obispo, CA 93405

Campus dining nearby: Vista Grande, Jamba Juice, and Scouts Coffee

PLACES MARKED ⚠ ARE ISOLATED. BRINGING A FRIEND IS RECOMMENDED FOR YOUR SAFETY

NEED FRESH AIR AND A BITE TO EAT?







MORE OUTDOOR LUNCH SPOTS AT CAL POLY!

CACTUS GARDEN PICNIC TABLE ⚠

Near Architecture & Environmental Design (Building 005)

Campus dining nearby: Subway, Health Shack, and Campus Market

CENTENNIAL LAWN OUTDOOR TABLES

Centennial Lawn, San Luis Obispo, CA 93407

Campus dining nearby: Subway, Health Shack, 1901, Starbucks, and Shakesmart

DEXTER BUILDING 034 OUTDOOR TABLES

Walter F. Dexter, San Luis Obispo, CA 93405

Campus dining nearby: Subway, Health Shack, 1901, Starbucks, and Shakesmart

PLACES MARKED ⚠ ARE ISOLATED. BRINGING A FRIEND IS RECOMMENDED FOR YOUR SAFETY

BUSY DAY AT WORK? STAY PRODUCTIVE AND GET SOME NATURE!

- **WORK DURING YOUR LUNCH IN AN OUTDOOR SPACE**
  - CHECK OUT THE CAL POLY OUTDOOR LUNCH SPOTS (PAGE 4-5).
- **HAVE A "WALK-AND-TALK" MEETING!**
  - TAKE AN OUTDOOR WALK WITH YOUR MEETING PARTNER
- **TAKE YOUR LAPTOP TO A "TRANSITIONAL SPACE" THAT LINKS THE INDOORS WITH THE OUTDOORS**
  - CAMPUS EXAMPLES
    - COURTYARD GREENSPACE AT THE CENTER OF THE BUILDING 03 (BUSINESS)
    - BALCONIES WITH TABLES AND CHAIRS ON THE SECOND FLOOR OF FROST CENTER (BLDG 181) AND THE VISTA GRANDE DINING FACILITY (BLDG 112)



REDUCE WORKPLACE STRESS AND FATIGUE WITH *BIOPHILIC DESIGN*

BIOPHILIC DESIGN IS ABOUT USING NATURE IN THE STRUCTURE AND DESIGN OF A BUILT ENVIRONMENT, LIKE A BUILDING, ROOM, OR WORKSPACE.

PLANTS ARE AN EASY WAY TO USE BIOPHILIC DESIGN IN YOUR WORKSPACE!

- LOW-LIGHT, LOW-MAINTENANCE INDOOR PLANTS INCLUDE:
  - ZZ PLANTS, GOLDEN POTHOS, SNAKE PLANTS, PHILODENDRONS, BAMBOO, AND FERNS
- PLANTS WITH FRACTAL PATTERNS (REPEATED GEOMETRIC PATTERNS THAT ARE SOOTHING)
  - SUCCULENTS OR LEAFY PLANTS WITH PRONOUNCED VEINS
- AIR SUCCULENTS (AIR PLANTS)
- GET A PLANT AT THE CAL POLY PLANT SHOP!



Indoor Plants



Plants with Intricate Fractal Patterns



Air Succulents



Cal Poly Plant Shop

CAN'T GO OUTSIDE? BRING THE OUTSIDE IN!

USE NATURE-INSPIRED DESIGN TO LIVEN UP YOUR WORKSPACE!



TEXTURE, MATERIAL, AND COLOR

Use bamboo, rock, clay, and stone accents as decor.
Examples: plant pots, pencil holders, picture frames, etc.

TEXTURE, MATERIAL, AND COLOR

Stationery items that feature earthy tones of blue, green, and brown with pops of color that are found in nature.





IMAGES

Photographs with ample biodiversity.
Examples: Natural landscapes, bodies of water, animals, plants, and other natural topography

USE NATURE-INSPIRED DESIGN TO LIVEN UP YOUR WORKSPACE!

NO PLANTS? NO PROBLEM!

THERE ARE MORE WAYS TO BRING NATURE INTO THE OFFICE SUCH AS BIOMORPHIC SHAPES AND NATURAL PATTERNS AND GEOMETRIES.

BIOMORPHIC SHAPES

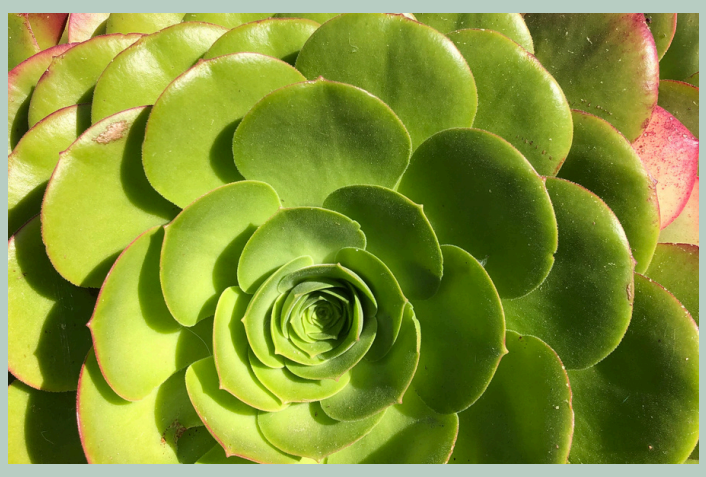


Natural Sculptural Desk Decor
Shells, feathers, seedpods, leaves, etc.



Photographs, paintings, or screensavers with plants, animals, and nature scenes
Honeycombs, horses grazing, mountains, oceans, etc.

NATURAL PATTERNS AND GEOMETRIES



Incorporate fractal patterns into pictures and screensavers



Artificial plants that showcase natural fractals are a great alternative to real plants (and they are low maintenance!)

CACTUS GARDEN



START THE TRAIL ON CALIFORNIA BLVD

Go to the O'Neill Green near Orfalea College of Business. The cactus garden is on the edge of the lawn.



WALK FOR 5 MINUTES

Toward the Architecture and Environmental Design building (005).



END AT THE PICNIC TABLE

Turn around and view the plants again if wanting a longer walk.

TAKE ME THERE!

WEST CREEK ROAD



START AT THE OPEN GATE WITH THE “BRUCE BRAMSEN MEMORIAL PARKWAY” SIGN

Cross Highland Drive near Building 041B to get to West Creek Road. There will be an open gate with a path to your left.



WALK FOR 15 MINUTES

Enjoy the greenery and seasonal plants.



TURN AROUND WHEN YOU REACH THE GATE

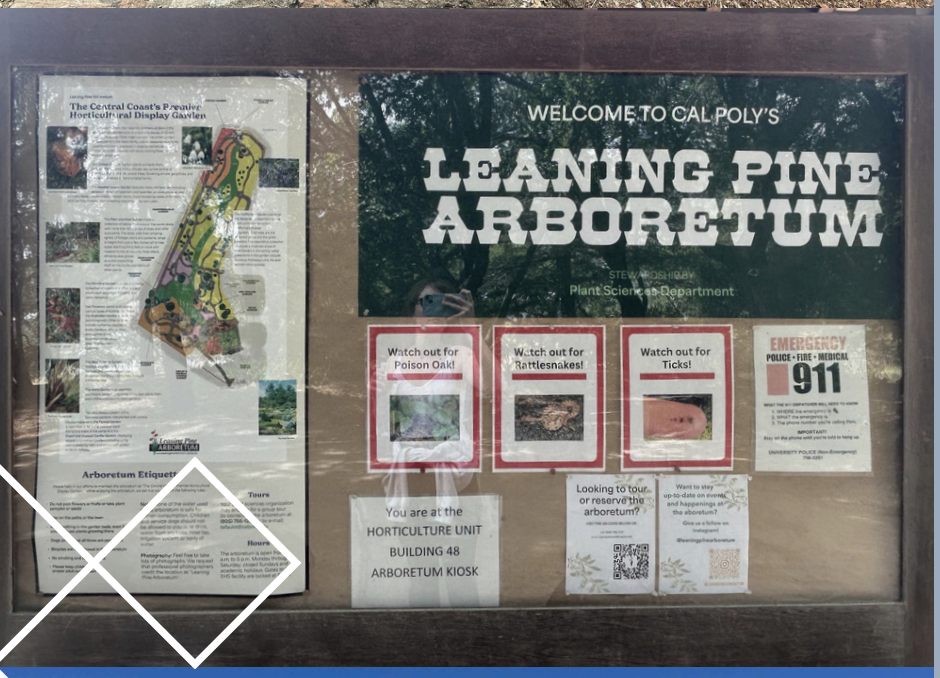
Walk the path back to the campus starting point.

TAKE ME THERE!

LEANING PINE ARBORETUM



WALK PAST THE CAL POLY PLANT SHOP AND CONTINUE BACK TO THE STEPS TO GET TO THE ARBORETUM



LOOK AT OR TAKE A PICTURE OF THE MAP

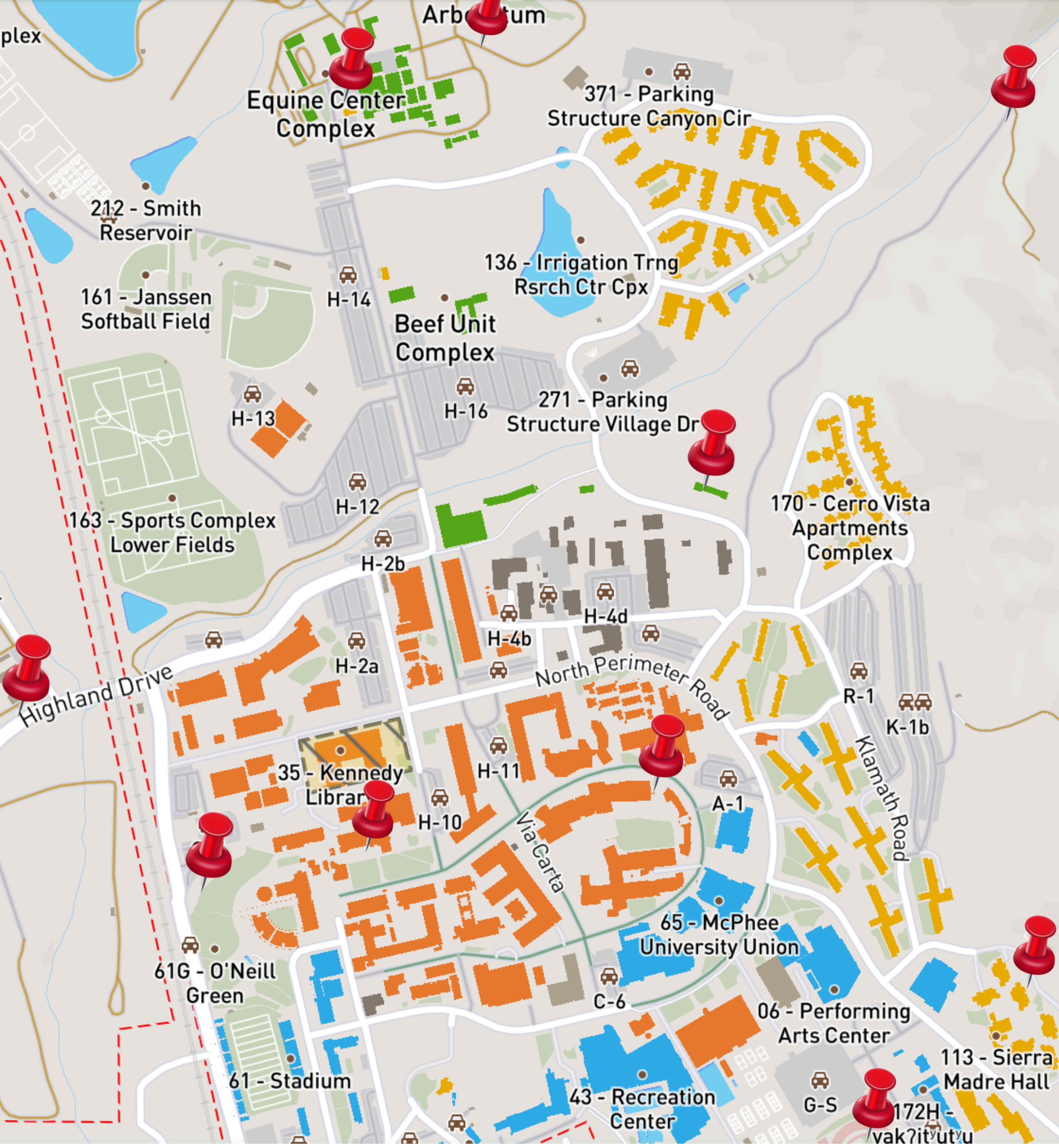
After looking at the map, you can decide which part of the arboretum you want to see and spend as much time as you want in the gardens.



CHECK OUT THE CAL POLY PLANT SHOP WHEN YOU ARE DONE

Buy a plant to put at your desk to make your workplace more restorative!
(Open Saturday 11 AM-3 PM)

TAKE ME THERE!



LEARN BY DOING

CAL POLY

RESTORATIVE SPOTS

TO LEARN MORE ABOUT NATURE'S RESTORATIVE QUALITIES, LOOK AT OUR REVIEW OF THE RESEARCH!

Learn more about:

- Employee Health and Wellbeing Programs
  - Factors for a Successful Wellness Program
- Nature As Restorative: Physical and Mental Health Benefits
  - Stress Reduction Theory
  - Attention Restoration Theory
- Biophilia and Biophilic Design



MEET THE CREATORS*



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*This resource was developed as a part of the creators' undergraduate senior project in the Department of Psychology & Child Development, California Polytechnic State University, San Luis Obispo.