



**TEXAS**  
Health and Human  
Services

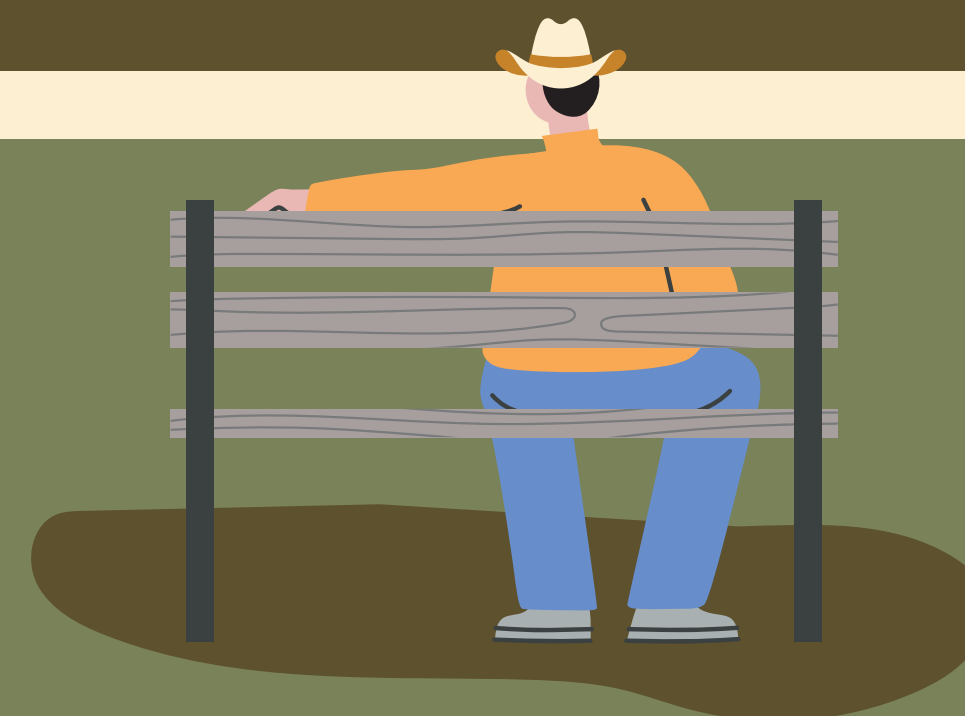
Texas Department of State  
Health Services



# Be kind to your mind.



## Spend time outdoors to improve mental health.



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# Fresh air helps your body and your brain!



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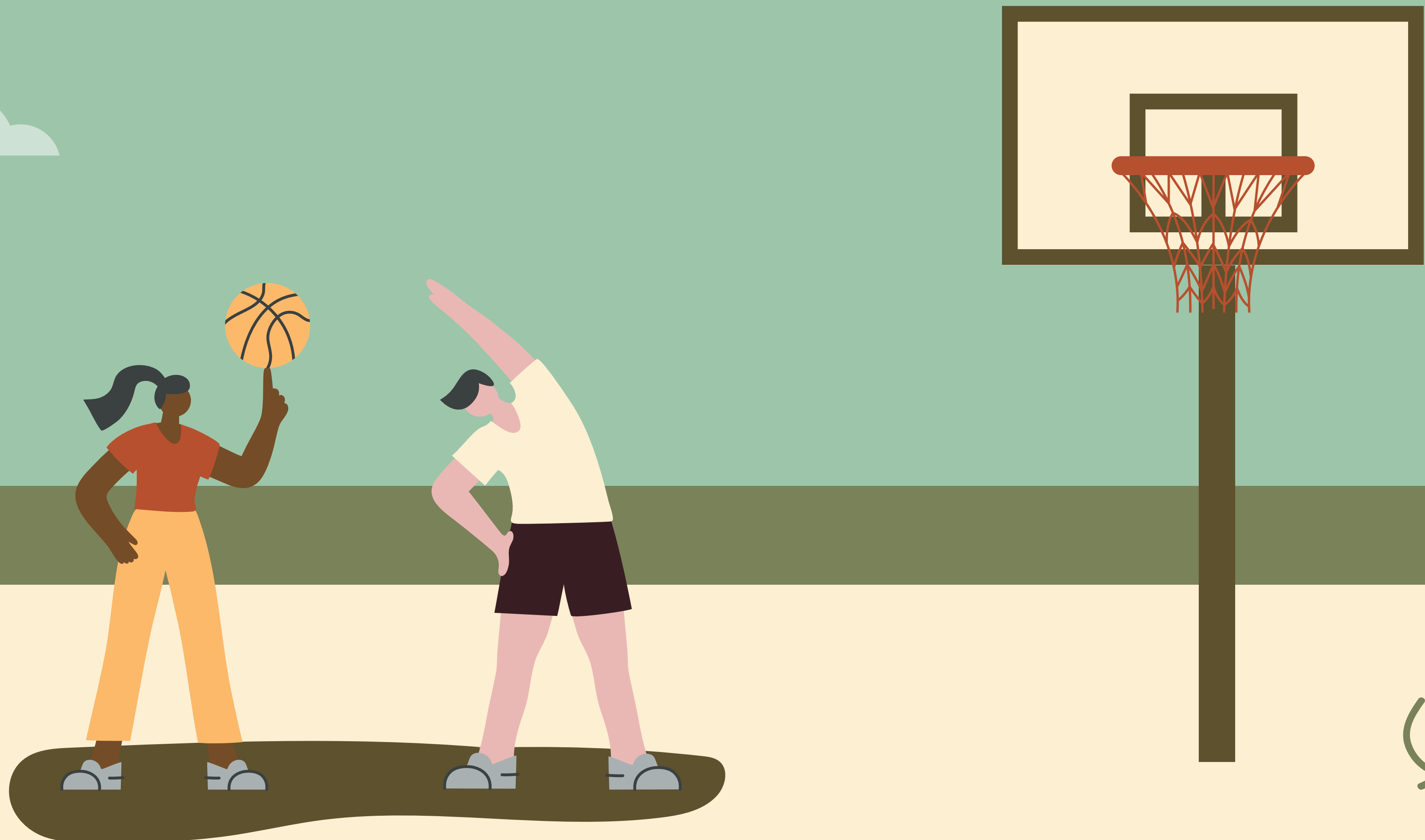




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# The great outdoors is great for mental health.



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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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# Move your body, boost your brain.



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

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