

# Daring to Be Different: Happier and Healthier in the Great Outdoors

In a world that increasingly values conformity, it can be difficult to stand out from the crowd. But research shows that being different can actually be good for your health and happiness.



## Taking Aim: Daring to Be Different, Happier, and Healthier in the Great Outdoors by Eva Shockey

★★★★☆ 4.8 out of 5

Language	: English
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Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 211 pages



Spending time in nature, for example, has been linked to reduced stress, improved mood and increased creativity. One study, published in the journal *Nature*, found that people who spent just 20 minutes in a park or forest reported feeling more relaxed and had lower levels of the stress hormone cortisol. Another study, published in the journal *Psychological Science*, found that people who took a walk in nature were better able to solve creative problems than those who walked in an urban environment.

Nature is not the only place where you can find the benefits of being different. Research has also shown that people who are more open to new experiences and who have a strong sense of self-identity are happier and healthier than those who are more conforming.

One study, published in the journal *Personality and Social Psychology Bulletin*, found that people who were more open to new experiences were more likely to report feeling happy and satisfied with their lives. Another study, published in the journal *Self and Identity*, found that people who had a strong sense of self-identity were more likely to be healthy and have high self-esteem.

So if you're feeling like you don't quite fit in, don't despair. Being different can actually be a good thing. It can make you happier, healthier, and more creative. So embrace your uniqueness and dare to be different.

### **Here are some tips for daring to be different:**

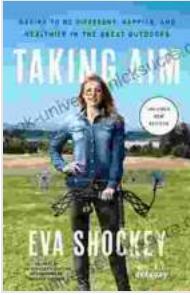
- Spend time in nature.
- Be open to new experiences.
- Develop a strong sense of self-identity.
- Surround yourself with people who support and encourage you.

Daring to be different can be challenging, but it's worth it. So go out there and be yourself. The world needs your unique perspective.

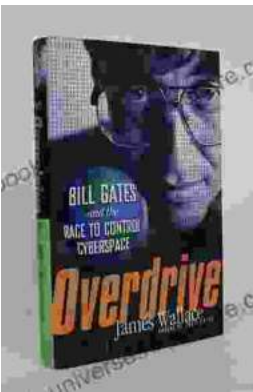
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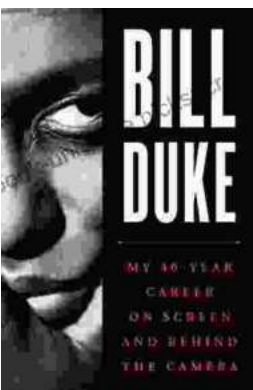


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