

# The Mental Health Benefits of Getting Outdoors in a Addiction Treatment Facility

by Robert Alexander Center | Sep 23, 2023 | Blog



If you're finding it hard to manage addiction and mental health struggles, getting outdoors could be just the thing for you. Spending time in nature can provide a range of mental health benefits including stress and anxiety relief, emotional healing, increased concentration levels, improved mood and more.

In recovery treatment facilities this is often encouraged by providing the opportunity for controlled outdoor activities such as walking or fishing trips that help to build self-esteem while reconnecting with nature.

We will bring into focus the various ways that people in addiction treatment can use spending time outside as an effective part of their rehabilitation program – exploring how exposure to natural environments has the potential to positively impact both physical and psychological wellbeing.

## What is the Mental Health Benefits of Getting Outdoors in a Addiction Treatment Facility

Nature has the incredible ability to heal and soothe our souls, especially for those battling addiction. [Addiction treatment facilities](#) are designed to provide patients with the tools and resources they need to overcome their addiction and lead a fulfilling life.

Incorporating outdoor activity into their program can offer countless mental health benefits. Stepping outside and immersing oneself in nature can help patients relax, reduce stress and anxiety, and boost their sense of well-being. In addition, it can improve their mood and promote feelings of positivity, which is essential when battling addiction.

Even small doses of sunlight are known to increase vitamin D production, which can help regulate mood and combat depression.

## The Physical Benefits of Outdoor Activities for Addiction Recovery

Not only does physical activity produce endorphins that elevate mood and reduce stress levels, but being surrounded by nature can also have a calming effect on the mind. Outdoor activities like hiking, running, and swimming can boost cardiovascular health, improve respiratory function, and help individuals maintain a healthy weight.

Additionally, exercising in natural surroundings can provide a sense of accomplishment and self-efficacy, aiding in the recovery process. The great outdoors offers a distraction-free environment where individuals can disconnect from everyday pressures and connect with their inner selves, paving the way for a successful and healthy recovery journey.

## What Types of Outdoor Activities Can be Used as Part of an Addiction Rehabilitation Program

Spending time outdoors has been proven to be beneficial for both physical and mental health. That's why including outdoor activities in addiction rehabilitation programs can be very effective.

Engaging in activities such as hiking, rock climbing, or kayaking can help individuals in recovery develop new coping skills, build self-esteem, and reduce stress levels. Nature can also provide a sense of peace and tranquility, allowing individuals to reflect on their journey towards recovery.

By participating in outdoor activities as part of an addiction rehabilitation program, individuals can gain valuable skills they can use to help maintain their sobriety long after treatment is completed.

## Contact Robert Alexander Center for Recovery Today

Participating in outdoor activities such as camping and hiking can also help create a strong social environment amongst the recovering individuals. Of course, it is important to always have an [experienced medical staff](#) present in any outdoor activities where safety may be at risk due to injuries or emergencies.

If you are interested in learning more about the mental health benefit of getting outdoors at [Robert Alexander Center for Recovery](#), please contact us for information on our outdoor activities we offer to patients in recovery.



The Robert Alexander Center for Recovery is a brand new, state-of-the-art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

### Site Map

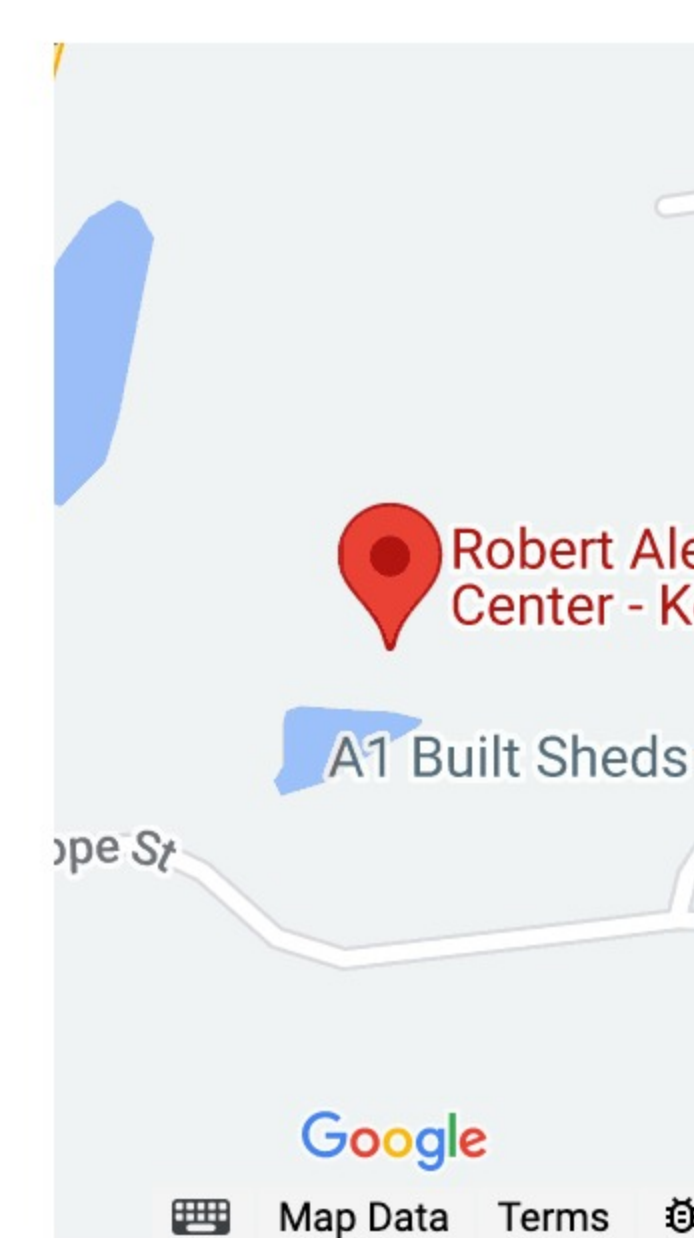
- [Home](#)
- [Tour](#)
- [About](#)
- [Admissions](#)
- [Blog](#)
- [Privacy Policy](#)

### Treatment Solutions

- [Detoxification](#)
- [Residential](#)
- [Partial Hospitalization](#)
- [Outpatient Programs](#)
- [Aftercare & Alumni](#)

### Get In Touch

130 Hope Street  
 Mount Washington,  
 Kentucky 40047



### Addictions

- [Alcohol Abuse](#)
- [Opioid Addiction](#)
- [Heroin Addiction](#)
- [Benzo Addiction](#)
- [Cocaine Addiction](#)
- [Crystal Meth Addiction](#)
- [Drug Addiction](#)
- [Alcoholism](#)

### About

- [About](#)
- [Media & Videos](#)
- [Last Articles](#)
- [Careers](#)

### Areas We Serve

- [Louisville, Kentucky](#)
- [Lexington, Kentucky](#)
- [Bowling Green, Kentucky](#)
- [Corbin, Kentucky](#)
- [Richmond, Kentucky](#)
- [Cincinnati, Ohio](#)
- [Nashville, Tennessee](#)

### Who We Help

- [Men](#)
- [Women](#)
- [Professionals](#)
- [LGBTQIA+](#)
- [College Students](#)

### Treatment Programs

- [30 Day Drug Rehab Program](#)
- [60 Day Drug Rehab Program](#)
- [90 Day Drug Rehab Program](#)

 Search


[Residential vs PHP Rehab: Tailoring Drug Treatment to Your Needs](#)



[MAT in Different Stages of Recovery: From Drug Detox to Maintenance](#)



[What You Can Anticipate in Your Initial Evaluation for Drug and Alcohol Rehabilitation](#)



[Choosing the Right LGBTQIA+ Inclusive Addiction Treatment Center: What to Consider](#)



[Navigating Insurance Options for Addiction Treatment: Key Factors to Consider](#)

## Key Resources

- Home
- Tour
- Treatment
  - Detox
  - Residential
  - Partial Hospitalization
  - Intensive Outpatient
  - Outpatient
  - Family Program
  - Aftercare Program
- Reviews
- About
- Admissions