

# SOVA Project's



## Nature Photo Contest!

### Did you know?

Findings from current research studies found that spending time in nature directly benefits mental & physical health.



### Stress

In 2002, half of young people in the US said their stress increased over the last year. 14% categorized their stress levels as **EXTREME**. However, greater amounts of time in nature lowers stress levels!

Source: American Psychological Association (2012)  
Source: NBC News (2012)

So we decided to make our next SOVA Photo contest a nature picture contest. Read below for the details.





### Steps

- 1st Email your favorite nature picture (could be anything you want) to: [socialmedia@sovahealth.com](mailto:socialmedia@sovahealth.com)
- 2nd Do not include faces, since we want to keep things confidential.

Mighty sure to check out our SOVA post where we will use your photos to make a gallery.

Look out for the winner featured in our July Newsletter & on our social media pages.



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## Thank you!

