Thrive
OKLAHOMA EMPLOYEE WELLNESS

OKLAHOMA DEPARTMENT OF WILDLIFE CONSERVATION

NOVEMBER

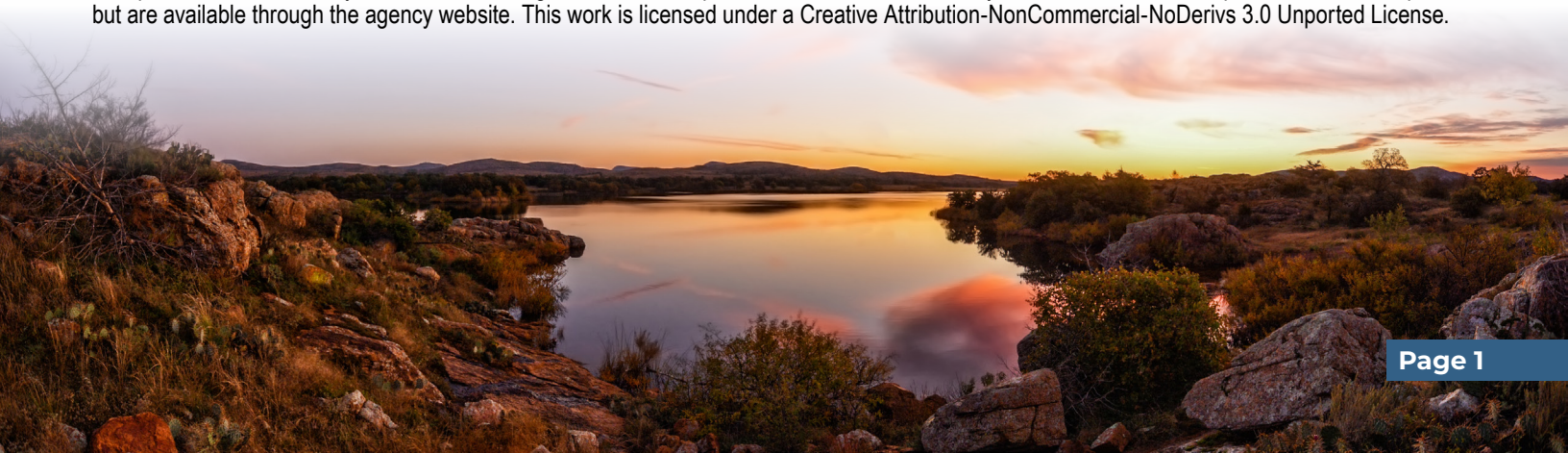
WELLNESS TOOLKIT

THE HEALING POWER OF THE OUTDOORS

Welcome to November – a transitional autumn month known for crisp, cooler temperatures, brilliant fall foliage and being the official kickoff of the major holiday season. As we gather with family and embrace customs like Thanksgiving, November naturally invites us to reflect and practice deeper gratitude.

Fall is also prime time for cherished outdoor activities. From prepping gear to building deer blinds, outdoor pursuits like hunting and fishing with friends and family take center stage. Beyond the camaraderie and tradition, these pastimes offer profound physical and mental health benefits, making them the perfect focus for this month's wellness toolkit.

This publication is issued by the Office of Management and Enterprise Services as authorized by Title 62, Section 34. Copies have not been printed but are available through the agency website. This work is licensed under a Creative Attribution-NonCommercial-NoDerivs 3.0 Unported License.



ODWC OKLAHOMA DEPARTMENT OF WILDLIFE CONSERVATION

Six ways hunting is healthy:

1 Physical exercise

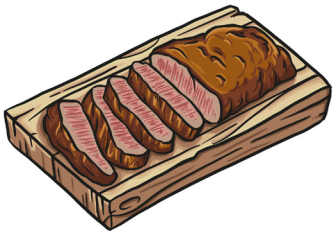
Hiking through fields, forests and wetlands builds endurance, strength and balance.





2 Time outdoors

Spending hours in natural light can boost vitamin D, improve mood and reduce stress.



3 Fresh, lean protein

Wild game (like deer or turkey) is typically lower in fat and higher in nutrients than many store-bought meats.



4 Mindfulness and stress relief

Hunting requires focus and patience, which can promote calm and sharpen concentration.



5 Connection to nature and food sources

Learning habitats and tracking animals deepens ecological awareness and appreciation for where food comes from.

6 Social well-being

Many hunters enjoy strong community bonds through mentoring, shared trips and conservation projects.



ODWC OKLAHOMA DEPARTMENT OF WILDLIFE CONSERVATION

Six ways fishing is healthy:



1 Low-impact exercise

Walking to fishing spots, casting and reeling give your arms, shoulders and core a gentle workout. (Some fishing types, like paddlefishing, are more intense.)

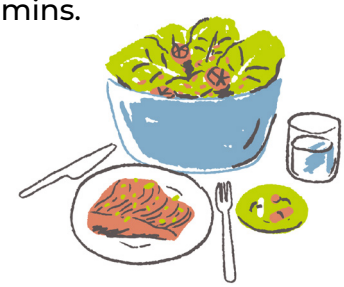
2 Stress reduction

The calm water, rhythmic casting and quiet surroundings help lower stress and anxiety levels.



3 Fresh, nutritious food

Many Oklahoma fish (like bass, crappie or catfish) are good sources of lean protein, Omega-3 fatty acids and vitamins.



4 Improved focus and patience

Fishing sharpens attention, hand-eye coordination and problem-solving skills.

5 Time in nature

Sunshine and fresh air support vitamin D production, mood balance and overall mental well-being.



6 Social and family bonding

Fishing trips offer shared experiences that strengthen friendships and family connections.

For more information on hunting and fishing, visit the [Department of Wildlife website](#).