

## - Health Benefits of Climate Action -

# Green Buildings & Living Spaces

Green space encourages **physical activity**, **social connection**, and **improves mental health**. Green infrastructure, like gardens, roadside plantings, and vegetated rooftops, **protects us from heat and storm related flooding**, which can put our physical safety at risk.



## ACTION!

*What can I do?*

Create green spaces around your home, office, or community by planting trees, shrubs, and other plants. Support the efforts of others in your community to do the same.



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