

Nature & Well-Being

Research shows that humans benefit from spending time in nature and being exposed to natural environments, which can lead to many positive impacts.

Cognitive Health Benefits

- Improved attention
- Better cognitive functioning for people with Major Depressive Disorder

Traveling to work/school

Mental Health Benefits

- Increased positive emotions
- Increased physical and mental energy
- Greater sense of purpose
- Fewer negative emotions
- Fewer symptoms of anxiety, depression, and stress

Physical Health Benefits

- Lower heart rate
- Lower blood pressure
- Reduced stress response
- Greater activity in calming region of the nervous system

Enjoying a meal outside

Farming & gardening

Developing a sense of connectedness with nature provides even more benefit than just being exposed to nature.

Exercising outdoors

Spending at least 120 minutes in nature per week has been shown to enhance health and well-being of individuals. For college students, even 10 minutes in nature can be beneficial.

Other Benefits

Increased youth academic and social competence

Going on a hike

Increased sense of community & lower crime rate

Reduced recidivism within justice-involved audiences

Nature watching

Camping

Playing outside

There are many ways that people's interaction with nature can be increased by providing more opportunities to get a dose of nature in their everyday lives, which can improve their mood, attention span, emotions, and physical health.

Authors

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Credits

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