

La naturaleza y el bienestar

La investigación demuestra que los seres humanos se benefician de pasar tiempo en la naturaleza y de estar expuestos a entornos naturales, los cuales pueden generar muchos impactos positivos.

Beneficios para la salud cognitiva

- Mejor atención
- Mejor funcionamiento cognitivo para personas con trastorno depresivo mayor

Movilizarse al trabajo o a la escuela

Beneficios para la salud mental

- Aumento de las emociones positivas
- Mayor energía física y mental
- Mayor sentido de propósito
- Menos emociones negativas
- Menos síntomas de ansiedad, depresión y estrés

Beneficios para la salud física

- Frecuencia cardíaca más baja
- Presión sanguínea más baja
- Reducción de la respuesta física al estrés

Disfrutar de una comida afuera

Cultivo y jardinería

Desarrollar un sentido de conexión con la naturaleza genera aún más beneficios que simplemente estar expuesto a la naturaleza.

Hacer deporte afuera

Se ha demostrado que pasar al menos 120 minutos por semana en la naturaleza mejora la salud y el bienestar de las personas. Para los estudiantes universitarios, incluso 10 minutos en la naturaleza pueden resultar beneficiosos.

Other Benefits

Mayor competencia académica y social de los jóvenes

Mayor sentido de comunidad y menor tasa de criminalidad

Reducción de la reincidencia entre personas involucradas en el sistema de justicia

Dar una caminata

Observar la naturaleza

Campamento

Jugar afuera

Hay muchas maneras en que se puede aumentar la interacción de las personas con la naturaleza brindándoles más oportunidades de obtener una dosis de naturaleza en su vida cotidiana, lo que puede mejorar su estado de ánimo, su capacidad de atención, sus emociones y su salud física.

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