



BENEFITS FOR MIND, BODY, AND SPIRIT

Research suggests that spending even a small amount of time (as little as five minutes) in nature can:



Increase
happiness &
self-esteem



Reduce levels
of stress,
anger, and
depression



Improve
immune system
activity



Lower blood
pressure &
blood sugar



Enhance
performance
on cognitive
tests



Foster sense of
community and
generosity

WHY IT WORKS

Reasons proposed for why nature is so effective in improving health and happiness include:



- 1 Biophilia**
People inherently love and enjoy nature
- 2 Attention Restoration Theory**
Nature provides much-needed reprieve from the constant stimulation of modern life
- 3 Psycho-Evolution**
Humans evolved in nature and experience less cognitive stress there
- 4 Environmental Self-Regulation**
Nature teaches us how to cope more effectively
- 5 Relaxation Response**
Nature's cyclic calm provides an ideal meditation environment
- 6 Maslow's Hierarchy of Needs**
Spiritual experiences in nature fulfill the human need for self-actualization
- 7 Aromatic Compounds**
Trees release phytoncides that induce positive physiological responses

Infographic courtesy of *Nature Spirit Walks* - naturespiritwalks.com