The Positive Effects Of Nature On Your Mental Well-Being

Matthew Ana Chowdhury, BA 🗓 Updated: 12 Jan 2022 ⏱ 19 min read

Nature heals.

Just a walk in the woods or a stroll by the ocean can have a profound impact on our innermost feelings of happiness and peace, and Environmental Psychology has gone a long way in proving this fact (Bell, Greene, Fisher, & Baum, 2001).

Our affinity toward nature is genetic and deep rooted in evolution. For example, have you ever wondered why most people prefer to look accommodations that have a great view from the balcony or the terrace? Why patients who get a natural view from their hospital bed recover more quickly than others? Or why does it happen that when we feel sad, we want to be close to our home to figure out things another time?

Frank Lloyd Wright had said, "Study Nature, love Nature, stay close to Nature. It will never fail you." He actively investigated the human nature relationship in detail. Why, we feel so compassionate when we are close to Nature?

What happens to us when the left brained or the warm sun touch us? With increasing research in the field of Environmental Psychology, this article, this piece explores and acknowledges the silent home of the 'Nature Central'.

Before you end on, we thought you might like to **download our 3 Positive Psychology Exercises for free**. These science-based exercises will explore fundamental aspects of positive psychology including strengths, values and self-compassion. We hope you use the tools to enhance the wellbeing of your clients, students or employees.

You can download the free PDF here.

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A Look at The Positive Effects Of Connecting With Nature

Author Richard Louv mentioned 'Nature-Deficit Disorder' in his famous book 'Last Child in The Woods'.

According to Louv, nature-deficit disorder is not the presence of an anomaly in the brain, it is the loss of connection of humans to their natural environment. Buying close to nature improves physical, mental, and spiritual well-being. It makes us feel more alive and connected. Nature is important for recent developments like urbanization, technology, or social media.

As mentioned above, the benefits of staying close to nature are diverse. We can enjoy the positive effects of connecting to the environment at all levels of individual well-being.

Let's see how:

Nature Impacts Health

- Forest bathing, or Shinrin-yoku, as they call it in Japan, is a famous way of spending time in nature. **Research** has shown that people who practice forest bathing have optimum immune system functions, with balanced heart conditions, and reduced heart disorders.
- Outdoor activities reduce the chances of developing eyesight problems like myopia or nearsightedness. A study conducted in Taiwan, for example, revealed that school-aged kids who participated in outdoor activities had better vision than kids who spent more time indoors (Rose, Morgan, & Kifley, 2008).
- **Studies** have related nature connection to lower BMI. People who exercise more in nature, are happier and have fewer chances of suffering from obesity and related conditions.
- The Forest Bathing research also suggested that by stimulating the production of anti-cancer proteins, Natural killer cells (or the Cancer killing cells) increase in number. Although, more research needs to be done, the results are encouraging and future studies are awaited. Our suggestion is strong enough to prove the benefits of being outdoors.

Nature Improves Psychological Well-Being

- Nature helps in emotional regulation and improves memory functions. A **study** on the cognitive benefits of nature found that subjects who took a nature walk showed better memory than those subjects who walked down the urban streets (Berman, Jonides, & Kaplan, 2008).
- Nature walks benefit people suffering from depression. **Studies** had shown that people suffering from mild to major depressive disorders showed significant mood upliftments when exposed to nature. Not only that, but they also felt more motivated and energized to recover and get back to normalcy (Berman et al., 2012).
- Recent **investigations** revealed that being outdoor reduces stress by lowering the stress hormone cortisol (Lederbogen, Kundal, Gillmann, Smith, & Jones, 2004).
- Nature walks and other outdoor activities build attention and focus (Darsig, Hung, & Gross, 2008). There are pieces of **evidence** that indicate strong connections between time spent in nature and improvements in attention, focused concentration, and reduced chances of developing Attention Deficit Disorder (Taylor Taylor & Kuo, 2004).
- A **study** at the University of Kansas found that spending more time outdoors and less time with our electronic devices can increase our problem solving skills and improve creative abilities (Atchley, Strayer, & Atchley, 2012).

Spiritual Enhancement

- Environmental psychologists have argued that there is a value component added to the human nature relationship. By staying close to nature, we feel more grateful and appreciative of what it has to offer us (Polimeni, 2010). We feel a sense of the world outside automatically kicks in when we are range in proximity to it.
- **Breathing** in nature gives us wholesome sensory awareness. When we spend time outdoors, we are more mindful of what we see, what we hear, what we smell, and what we feel.

A Look at The Psychology Of Environment

Environmental psychology is the study of human wellbeing in connectivity to the environment he lives in (Dunkelz & Kleiner, 1987). It is the offshoot of brain science that deals with the relationship between the human environment, human with nature and studies the dynamics of the person-environment connections.

The psychology of the environment as a relatively contemporary concept, it emerged as a branch of psychology following research by Proshansky and colleagues on person-place interactions in the 1970s.

Environmental psychology is rooted in the belief that nature has a significant role in human development and conduct. It believes that nature has a vital contribution to the way we think, feel, and behave with others.

A fascinating story of the role of nature in shaping human behavior was mentioned in Richard Louv's book, 'The Last Child in the Woods'. Louv discussed the different parts of Western Italy, he noted that the people of Sorrano were polite, humble, and well behaved. While the people in Perna, which was in the neighborhood, were cruel, violent, and forceful.

When exploring the reason for this stark behavioral difference, the people said that it was the air, the water, and the land. The people of Perna, who were rude, preferred and from Italian to Perna and kept it to his banquet hall but never moved to observe each other with crime nearby and unsolved their folks.

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By identifying the problem areas, it opens ways for solution-focused research and explanation. The psychology of nature and environment continuously facilitate climatic modulation. It also dips into the ways we can change the physical environment that we live in, so feel more connected and unwinding with nature.

Environmental psychology also studies the ecological consciousness and argues how malfunctions in habitat have and will continue to affect human behavior, demographic variants, and the society as a whole.

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- Human dependence on nature validates evolution. We are more adaptive to natural settings than human made habitats.
- The physical surroundings of the human habitat has immediate positive effects on stress, blood pressure, and immune system.
- Strong connections to the environment enhance the person-space idea and increase environmental perceptions.
- Humans are always capable of improving the environment they live in.
- Human behavior is a function of the physical and social environment. They reshape their social identities and affiliations according to the physical space they live in.

4 Examples of Nature in Psychology

Nature has a deep-rooted meaning in psychology that encompasses the core-relationship between human and nature. The Biophilia Hypothesis is a relatively new concept in developmental psychology explores all the variables that shape and influence the relationship that our internal-personality traits and genetic factors and external-worldly physical environment that we live in.

The **Biophilia Hypothesis** delved into the human relationship with nature in 1984 when Edward Wilson published his book 'Biophilia'. Wilson famously described biophilia as the *'love for everything that is alive.'* The idea of biophilia was later expanded by American biologist Edward O. Wilson, who proposed that the human-inclusive towards nature have a genetic basis.

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Climate crisis and global warming are international concerns today, and some people are in denial about it. Climate change is a real and unmanageable, that our efforts alone can be required to fix.

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However small the denial rate may seem, researchers suggest that it is enough to create a judgment gap that may cause people to doubt their contribution behind the climate change phenomenon. The study also suggested that people who underestimate that **climate** crisis has and will continue to impact human minds in some way or the other.

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It builds connectivity and lets the way for gratitude and appreciation.

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The study included a heap of psychometric assessments and personal interviews, and the results obtained by Steve et al. (2015) provided a strong lineup of why the human-nature connection is vital for human life and sustainability.

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Results indicated that people who lived in a moderate climate, with temperature ranging from 50 degrees to 70 degrees, showed more extraversion, agreeableness, conscientious, and agreeableness. This study was a basic authentication of the fact that the physical environment not has to play a crucial role in shaping our personality traits. It also helps us understand better more awareness about protecting the Nature from depletion.

2. A Study On Nature And Human Emotions

Scientists Ryan Lumber, Helen Richardson, and Daniel Sheffield published this **research paper** in 2017 and he based on the affective consequences of associating with nature. The authors suggested that being close to nature evokes positive emotions.

Outdoor activities such as hiking, gardening, or birdwatching, enhance the nature-human connection and act as a catalyst to happiness. The study used the **Nature Relatedness Scale** and recorded responses on a basis **Likert Scale**.

The results culminated from the study positively correlated outdoor experiences with positive emotions and expanded (Wolf, Lumber, Richardson, & Sheffield, 2015).

3. Climate Change And Its Effect On Human Personality

Charles G. Chen (2015) published an enthralling **paper** on how global warming and climate change is expected to bring about changes in human behavioral and personality traits.

The researcher argues that if climate has a role to play in framing our dispositions, there is a only logical to believe that climate crisis and the changes that follow will also impact human mannerisms significantly.

The research found explanations and pieces of evidence of this paper, but raised questions that are yet to be answered by experts.

4. Psychological Changes Associated With Living In The Polar Areas

This **study** was published by Stewart et al., in 2015 and discussed how life in polar regions might impact the physical and mental well-being of the residents.

The study, besides establishing facts about living in the Poles, also firmly ascertained that no could not escape human-nature connection when talking about mental well-being.

The research suggested that geographically isolated regions and communities are highly prone to get affected by climatic variations and global setbacks (Bradshaw, 2005).

The lack of sunlight and extreme weather conditions in these regions impact the cognitive functioning, anxiety levels, and causes a static low mood condition for its inhabitants (Stewart, Lucas, Donaldson, & Forrest, 2016a; Paul, Hendrick, Kumar-Sandeep, & Forrest, 2016b).

5 Ways And Spirituality

The prime focus of this **research** was to spread awareness about human disconnection from nature and explain why we must reconnect with Nature to promote happiness.

Investigator of this study, Professor Helen Lockhart (2016), indicated that the socio-ecological crisis the world is seeing today is due to the breach of connection between human and nature. The study suggested that the crisis is a spiritual enhancement that is linked to the human-nature relationship.

Each encounter with the natural environment takes us deeper into exploring the ecoh behind our existence and what a greater world could look like. The subject matter of this study was that materialistic gains has blindfolded us and has made us spiritually bankrupt (Lee, 2004).

Furthermore, the research also indicated that since humans are genetically connected to the natural environment, the lack of connection with nature and human connection creates a sense of loneliness and unhappiness within us.

It is the feeling of gloom, as the researcher suggests, that is the reason for societal disruptions and hyperactivity today, and while we may not be aware of it, we are unconscious outside. the real solution lies in the nature-human relationship.

The Importance of Nature to Well-Being

A 30 days campaign was run by the Wildlife Trusts of the University of Derby, with the prime focus on uncovering the crucial role nature plays in our overall well-being (Mabey, Mansfield, Blackburn, & Blackburn, 2011). Participants who suffering were positively correlated with natural activities such as gardening, animal feeding, bird watching, and bushwalking (Richardson, Cormack, McMahon, & Lindsdell, 2016).

Dr. Miles Richardson, the face of this research, cited valuable evidence on how nature-based activities have a significant impact on psychological well-being, regulated hormonal malfunctions, and impacted on the thought structure of individuals as a whole.

Just by being outdoors and using all our senses to appreciate nature, we can be more mindful of the present, gain emotional resilience, and combat stress with more reality.

We become naturally immune to anxiety, emotional ups and downs, and thought blunts, thereby feel more lively and energetic than before.

The survey further pointed that people who feel close to natural wilderness like the ocean, forests, or mountains, have a sense of meaningfulness and expressed of falling sick lower than those living in congested urban settings.

Such families had lower instances of domestic violence, and of feeling less fatigued, and showed increased productivity at the professional front.

The Relationship Between Nature And Human Health

A recent survey report based by scholars out of Dalda University (Haller et al., 2009) demonstrated some practical points as to how human and nature are connected with each other.

Although the study had other focal areas and did not concentrate on a massive global sample, the report was come out was and and shared widely by psychologists and other mental health scientists to explain the relationship we have with our physical habitat.

The major assertions of this report were:

- Staying close to parks and other nature, parks and fields increase chances of retired resident activities (walking, gardening, farming, playing, etc.). This improves mental health and physical fitness in adults and children even this age.
- Nature-friendly urban settings can be useful in promoting social connections and reducing isolation among people.
- Contact with nature in any form enhances spiritual health and fills the mind with a deeper insight into life.
- Children who are encouraged to spend more time outdoors are winners of good physical and mental health. They are prone to problems like obesity, hyperactivity, attention and depression, and are more fun and are less bias than others.
- Adolescents who had a close connection to nature were emotionally well-balanced, and showed better results in tests of cognitive functions.
- Aged people, who had access to green parks felt more positive and hopeful.

3 Proven Benefits of Being in Nature

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The results culminated from the study positively correlated outdoor experiences with positive emotions and expanded (Wolf, Lumber, Richardson, & Sheffield, 2015).

3. Climate Change And Its Effect On Human Personality

Charles G. Chen (2015) published an enthralling **paper** on how global warming and climate change is expected to bring about changes in human behavioral and personality traits.

The researcher argues that if climate has a role to play in framing our dispositions, there is a only logical to believe that climate crisis and the changes that follow will also impact human mannerisms significantly.

The research found explanations and pieces of evidence of this paper, but raised questions that are yet to be answered by experts.

4. Psychological Changes Associated With Living In The Polar Areas

This **study** was published by Stewart et al., in 2015 and discussed how life in polar regions might impact the physical and mental well-being of the residents.

The study, besides establishing facts about living in the Poles, also firmly ascertained that no could not escape human-nature connection when talking about mental well-being.

The research suggested that geographically isolated regions and communities are highly prone to get affected by climatic variations and global setbacks (Bradshaw, 2005).

The lack of sunlight and extreme weather conditions in these regions impact the cognitive functioning, anxiety levels, and causes a static low mood condition for its inhabitants (Stewart, Lucas, Donaldson, & Forrest, 2016a; Paul, Hendrick, Kumar-Sandeep, & Forrest, 2016b).

5 Ways And Spirituality

The prime focus of this **research** was to spread awareness about human disconnection from nature and explain why we must reconnect with Nature to promote happiness.

Investigator of this study, Professor Helen Lockhart (2016), indicated that the socio-ecological crisis the world is seeing today is due to the breach of connection between human and nature. The study suggested that the crisis is a spiritual enhancement that is linked to the human-nature relationship.

Each encounter with the natural environment takes us deeper into exploring the ecoh behind our existence and what a greater world could look like. The subject matter of this study was that materialistic gains has blindfolded us and has made us spiritually bankrupt (Lee, 2004).

Furthermore, the research also indicated that since humans are genetically connected to the natural environment, the lack of connection with nature and human connection creates a sense of loneliness and unhappiness within us.

It is the feeling of gloom, as the researcher suggests, that is the reason for societal disruptions and hyperactivity today, and while we may not be aware of it, we are unconscious outside. the real solution lies in the nature-human relationship.

The Importance of Nature to Well-Being

A 30 days campaign was run by the Wildlife Trusts of the University of Derby, with the prime focus on uncovering the crucial role nature plays in our overall well-being (Mabey, Mansfield, Blackburn, & Blackburn, 2011). Participants who suffering were positively correlated with natural activities such as gardening, animal feeding, bird watching, and bushwalking (Richardson, Cormack, McMahon, & Lindsdell, 2016).

Dr. Miles Richardson, the face of this research, cited valuable evidence on how nature-based activities have a significant impact on psychological well-being, regulated hormonal malfunctions, and impacted on the thought structure of individuals as a whole.

Just by being outdoors and using all our senses to appreciate nature, we can be more mindful of the present, gain emotional resilience, and combat stress with more reality.

We become naturally immune to anxiety, emotional ups and downs, and thought blunts, thereby feel more lively and energetic than before.

The survey further pointed that people who feel close to natural wilderness like the ocean, forests, or mountains, have a sense of meaningfulness and expressed of falling sick lower than those living in congested urban settings.

Such families had lower instances of domestic violence, and of feeling less fatigued, and showed increased productivity at the professional front.

The Relationship Between Nature And Human Health

A recent survey report based by scholars out of Dalda University (Haller et al., 2009) demonstrated some practical points as to how human and nature are connected with each other.

Although the study had other focal areas and did not concentrate on a massive global sample, the report was come out was and and shared widely by psychologists and other mental health scientists to explain the relationship we have with our physical habitat.

The major assertions of this report were:

- Staying close to parks and other nature, parks and fields increase chances of retired resident activities (walking, gardening, farming, playing, etc.). This improves mental health and physical fitness in adults and children even this age.
- Nature-friendly urban settings can be useful in promoting social connections and reducing isolation among people.
- Contact with nature in any form enhances spiritual health and fills the mind with a deeper insight into life.
- Children who are encouraged to spend more time outdoors are winners of good physical and mental health. They are prone to problems like obesity, hyperactivity, attention and depression, and are more fun and are less bias than others.
- Adolescents who had a close connection to nature were emotionally well-balanced, and showed better results in tests of cognitive functions.
- Aged people, who had access to green parks felt more positive and hopeful.

By David Strombough, one of the most prolific and successful authors in the world, wrote in a long time. Sad lately quoted that:

> "We must cherish the natural world because we're a part of it and we depend on it."

It is difficult to gauge the benefits we can derive from being close to nature. So that on the other hand, on the and, it leaves a lasting positive impression on every single aspect of our existence.

1. Nature provides

A day out in the sunshine can suffice us with vitamin D, a nutrient we don't get from food as much we need.

Vitamin D is essential in the body immune so against diseases like osteoporosis, cancer, diabetes, and Alzheimer's. Besides, it also restores the smooth functioning of the immune system.

Studies have indicated that a large crude of the population today is deficient of the 'sunshine vitamin,' which explains the massive increase in fatal diseases today, and rather than relying on human made supplements, a better connection to nature can help in replenishing the deficit (Hansen, 2018).

2. Nature improves

Cognitive Stress Syndrome (CSS) is a condition that arises from staring at the screen for long periods. Naturally, such exposures take a toll on our eyesight and develop problems like dry eyes, myopia, or chronic headaches.

Spending time outdoors, especially in the greenery is the best natural solution to this. Looking at the green grass, the trees, the flowers, and all the other aspects of the environment improve focus and eyesight.

Interestingly, **studies** have shown that children who spend more than four hours a day in nature have a 50% lower chance of developing myopia. Moreover, children who spend less than one hour outdoors every day (Jean et al., 2008).

3. Nature cleanses

The environment is a natural purifier. Spending some hours outdoors helps in refreshing the vitamin from our body and have us all fresh and rejuvenated.

The amount of fuel that we breathe is because of the pollution, industrial fumes, and indoor pollutants, is potent enough to disorganize our respiratory tract, gives birth to breathing troubles, bronchitis, and asthma.

And there is no other solution to this except for spending more time in the natural environment and getting away from all every day.

4. Nature builds

Mostly, the time we spend outside involves physical activity in some form. It may be walking jogging, cycling, driving, surfing, playing, or anything else. Any exercise in the outdoors helps in burning fat and improves the metabolism rate in the body.

Research in this area has revealed that people who exercise outdoors enjoy their activities more than those who do it indoors. Also, they are more likely to repeat exercise outdoors (Thompson Coon et al., 2010). Besides, outdoor activities are indeed no longer life span and fewer health problems.

5. Nature heals

> "A walk in nature walks the soul back home"
>
> — Mary Davis

Nature is undoubtedly the best healer. Spending time in nature endures our senses and provides clarity.

Many studies have proved that people who have a close connection to the landscapes are happier from the inside – they indulge themselves in positive thinking and have better coping mechanisms than others.

A strong human nature relationship means emotional balance, more focus, solution-oriented thinking, and an overall resilient approach to life.

A Brief Look at Psychoevolutionary Theory

The Psychoevolutionary Theory is built on the proposition that our personality, actions, and thoughts are shaped genetically by natural selection.

Roger's Dick (1998), the face of this theory said that humans have a deep-rooted connection with nature. Our senses, our mind, our emotions, our physiology, and our hard-wiring and the will indulgence. It is due to this fact that staying close to nature brings a feeling of positivity and happiness in us.

Furthermore, the PET (Psychoevolutionary Theory) asserted that staying in a human made environment invites disorders like stress, depression, obesity, and cardiac diseases, and it is a challenge to our overall well-being (Ulrich & Parsons, 1992).

Spending long hours outdoors is the best way to reverse these troubles and begin a healthier and happier life. Nature has been a healer since the dawn of the human kind and also energizer, an encounter with the natural elements can instantly make us feel better (Zuckerman, 1971).

The psychoevolutionary model of Ulrich (1983) suggested that:

- Staying close to nature is a phenomenal helpful performance of humans.
- Spending quality time outdoors has a tremendous effect on emotions, memory and cognition.
- Restoration(al) overall is enclosed artificial physical settings can evoke anger, despair, and depression – together affecting our well-being.
- Nature has an in-built restoration component that helps in stress reduction and emotional regulation.

Attention Restoration Theory

The **Attention Restoration Theory** (ART) was developed by Rachel Kaplan and Stephen Kaplan (1989) and reflected upon the gospel that staying close to the natural environment holds from:

The gospel above of the theory first emphasizes the importance of a human's psychological perspective' where they discussed how effortlessly witnessing natural phenomena the watching the leaves move, or the clouds float, leads to more observant and attentive.

They identified two types of attention:

1. Voluntary attention – where we willingly focus on something and spend our energy to focus on the task at hand.
2. Involuntary attention – where we unknowingly pay attention to something and get interested into that.

The ART suggests that our attention can be built and redeemed through exposure to natural settings. By establishing a strong connection to nature, we can stay away from mental fatigue, improve our concentration, increase our productivity, and become more aware of our sensory stimulations (Berman, Jonides, & Kaplan, 2008; Kaplan, 1995).

The theory indicates that nature has some 'soft fascination' that helps in restoring attention when we get distracted or mentally tired down. The soft fascination are those that are interesting but not demanding, and they allow us to think and reflect themselves and do not ask for a lot in return. When we stay close to these gleaming aspects of nature, we do not have to put any effort into attending to it, we effortlessly immerse ourselves into the experience.

They bring feelings of pleasure and contentment, which is why people who spend more time in nature are happier, more productive, and have better cognitive functions (Irvine, Sarver, Wright, Warren, & Gaston, 2007; Kaplan, Gaston, Irvine, & Fuller, 2015).

Several **studies** and large-scale surveys had been conducted to validate the theory and it still an intriguing area of research for environmentalists (Hill et al., 2006).

Hypobacterium Vacuae: The Happy Bacterium!

The term Hypobacterium Vacuae originated from the Hypobacterium, a type of red bacteria and the Latin word Vacuo, meaning 'one' (as it was first found in a one-drop sample taken from Antarctica).

The reason for the popularity of this microorganism is because of the incredible impact it has on our emotional well-being and our mood. Research has indicated that the Hypobacterium Vacuae, more commonly known as the 'happy bacteria' or the 'happiness bacteria' is useful for treating anhedonia, cancer, depression, phobias, dermatitis, and even tuberculosis.

A study conducted by O'Hanlon and colleagues (2004) explained how by injecting the Hypobacterium Vacuae into the rats, it increased their happiness and made them act with a better progress. Besides, the research also suggested that using this microbe improves mood, reduces positive emotions, and produces more vitality.

Another study funded by Dr. Christopher Lowry, a neuroscientist at the University of Bristol explained the effect of the 'Happiness bacteria' on stress and burnout by exposing the bacteria on mice and conducting a series of stress tests on them after that.

The results showed that the group of mice that received the Hypobacterium vigorous acted as if they were in an antidepressant, but not reaction was noticed on the group that did not receive the treatment. The research began exploring the idea that the Hypobacterium Vacuae could be a probiotic that is from that release serotonin or the 'happy hormone,' resulting in reducing happiness and positivity (Lowry et al., 2007).

Besides boosting happiness, happy bacteria also makes us immune to life, infection and gives a significant boost to brain functioning. Now we know why they say "The driver the fear, the happier the learn."

5 Ways to Apply the Positive Effects of Nature in Our Life

1. Walk more

We have walking is good for the heart, muscles, and the overall metabolism rate. And now scientists have proved that walking in the natural environment improves our emotional well-being.

A **study** conducted and published by Stanford University, California revealed that walking in nature decreases the activity in the prefrontal cortex, a region associated with focus, more so than participants who walked in closed urban settings or on a treadmill (Bratman, Daily, Levy, & Gross, 2015).

Not only that, but the former group also showed less engagement in negative thinking and felt more confident about themselves than the other group.

2. Keep a nature journal

A nature journal is a creative and unique way of imbibing the positive vibes of nature into our everyday lives. Many people who encourage this habit express feelings of calmness, peace, and happiness. Moreover, we can collect and note everything about our encounters with the outer world.

For example, after a walk by the beach on a cloudy crowds, we can sketch some clouds in the ground or draw the sea and write how we felt when we were walking through the breezy shore. Many people collect small things like a pebble, flowers, leaves, or feathers, and glue them in the nature journal with their thoughts penned down.

A great way to spend some quality 'me-time,' nature journaling inevitably brings a part of nature to our small lives.

Watch this video to get started on nature journaling:

3. Spend some working hours outside

Most working professionals today have the flexibility to access daily tasks outside the conventional office. Instead of sitting in a cubicle, they can bring day out to avoid the monotony of the cubicle and the same old office space.

It may be one conference in the garden or lunch at the local park, anything that can logically amalgamate with nature. Spending some time outside alone or with co-workers gives an instant boost of freshness to the mind, thereby reducing the stress and frustration that comes from working incessantly for hours or a stretch.

4. Plant at home

Growing plants at home not just add aesthetic beauty to your space, it also contributes to purifying the air you breathe in.

Having plants at home balances and soothes the home ambiance and adds a calming effect to the overall environment. Moreover, indoor plants and flowers are beneficial for the mental health of the people who live there. They help in improving memory awareness, cognitive functions, and enhances focus (Orwell, Wood, Tarrant, Tosys, & Burchett, 2006).

Indoor plants movement so to nature, please our senses, and bring a serene feeling when we stay close to them.

5. Balance the diet with more natural elements

Diet is undoubtedly a great way of establishing a strong connection to our natural surroundings. Consuming more natural elements like fruits and vegetables can help our body maintain its optimal state of functioning and homeostasis level.

Healthcare **research** proved that the consumption of plant-based protein is correlated to better metabolic rates as opposed to animal based protein (Song et al., 2004). It is not a bad idea, after all, to replace meat with vegetables and grains – if that brings good health and long life to us!

A Take-Home Message

> "All the trees are losing their leaves, and not one of them is worried"
>
> — Donald Miller

Staying close to nature, observing all the little and significant elements of it, and appreciating it from the very core, is therapeutic and self-healing.

Even by saying and being aware, we can learn so much from connecting to our surroundings. Nature is a healer, a teacher, a friend, and a lover. It is our responsibility to carry on, and the energy to keep trying. For there is an bond that is primitive and ingrained in us than our love for nature and nature's care for us.

We hope you enjoyed reading this article. Don't forget to **download our 3 Positive Psychology Exercises for free**.

If you wish for more, our **Positive Psychology Toolkit©** contains over 300 science-based positive psychology exercises, interventions, questionnaires and assessments for practitioners to use in their therapy, coaching, or workplace.

References

How useful was this article to you?

Not useful at all — Very useful

1 2 3 4 5 6 7 8 9 10

About the Author

Prathamesh Deo Chowdhary holds a postgraduate degree in clinical psychology and is a practicing clinical psychologist. He has extensive experience in clinical psychology and is an experienced teacher and school counselor. She loves to help others through her work as a researcher, writer, and blogger and reach as many as possible.

Comments

Lisa Emma PP on 7 June 2021 at 21:27

Hi Nicole, Thank you for this article. So full of information, ideas, tips and advice. So beautiful and gathering such diverse points to join cover big part of this topic.

Appreciate it !

Thanks again. Lisa Emma PP

Reply

Jessica on 6 May 2021 at 18:43

Hi Nicole, Can I ask please involve the actual date of publication for this article?

Reply

Nicole Celestine, Ph.D. on 7 May 2021 at 02:06

Hi Jessica, Sure! This post was published on the 11th of March, 2019.

Hope this helps!

– Nicole | Community Manager

Reply

Carl Eugene M. Gaulen on 13 March 2021 at 10:47

Excellent. I can vouch for neurodiversity's have articles in this article. I have experienced it myself. I am a neurodiverse person and I have experienced the benefits of being outside and in the out of the city. And we aren't a good sight when with good moments of the day. This inspiration is the non-cure cut of all the life the human kind is suffering. Lets make an effort to spread this information and the article! Regards! – Colonel Kaylin Gaulen

Reply

oscar kelly on 2 February 2021 at 05:47

Very refreshing. I needed this better now.

Reply

Jessie on 7 December 2020 at 02:12

Hi Nicole, Do you have any sources for this article? Just a walk in the woods or a stroll by the beach are a sooo-o-o-o

helped me much in my research

Reply

Mugoya luka on 23 April 2019 at 09:01

Nice information for guidance thanks

Reply

KESHAV CHANDER JAINI on 1 April 2019 at 15:05

What a lovely article , thank you for sharing , some of us do forest healing walks and this is great resource material , thank you

Reply

Mia on 21 March 2019 at 15:56

What is the last name of the Author I need to do MLA Format thanks!

Reply

e on 10 April 2019 at 01:45

Chowdhury

Reply

Catherine Norris on 17 March 2019 at 18:25

Hi Madhuleena!
We have a big problem in Ireland with the planting of non native trees ie Sitka spruce. People are protesting against them..very little biodiversity is attracted into to them, we don't like walking in them. People are upset as their houses are engulfed by these ominous plantations. We are trying to find studies on the unsettling and disturbing effects of nature on people as in this case. Would you know of any studies?

Reply

Fiona on 12 March 2019 at 19:01

This is everything I believe and teach. You've pulled it all together in one place. Love it. Very positive!

Reply

Judith Hylton on 12 March 2019 at 15:26

Thanks so much for this article. It was very helpful and a great reminder.
Judith

Reply

samavia hussain on 12 March 2019 at 15:20

wow its amazing

Reply

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