

# Wellbeing Wednesday

ISSUE 25: The Benefits of Nature of Mental Health



Nature has the power to heal and restore us. The natural world has been shown to have numerous benefits for mental health, including reducing stress and anxiety, increasing happiness and well-being, and even improving cognitive function. With our busy lives and constant technological stimulation, it can be easy to forget the power that nature can have on our mental and emotional health.

There is a growing body of research that suggests that spending time in nature can have a positive impact on our mental health. One study found that spending time in nature can reduce the symptoms of depression and anxiety and improve overall well-being. Another study found that spending time in nature can improve cognitive function and memory. One of the reasons that nature has such a powerful effect on our mental health is that it allows us to disconnect from the stress and distractions of our daily lives. When we spend time in nature, we are able to slow down and focus on the present moment.

## Benefits of Nature on Mental Health

- Reduces stress and Anxiety
- Improved Physical Health
- Improves cognitive function
- Increases creativity
- Improves attention and focus
- Increases happiness and wellbeing

