Nature Can Nurture Your Health

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There is a (somewhat) secret source of mental and physical rejuvenation for you during this challenging time….. And it's something you most likely already have!

A window! You might be thinking "okay, yah right!". Seriously, researchers agree viewing nature from a window improves our health in a variety of different ways. Benefits are optimal if you can actually be IN nature but if you cannot get outside – looking outside to greenery from a window will definitely make you feel better inside and out*.

Below you will find 4 ways nature improves our mental and/or physical health.

1. Reduces stress

Nature improves pleasant feelings and reduces anger, fear, and stress; whether you are experiencing nature directly or you are looking out a window[5] . Even living near greenery can lower levels of stress hormones and mortality rates in comparison to those who do not[6]. Research finds that walking in nature can reduce our body's physiological stress indicators. If you can't get or don't have greenery in view, you can experience some of these benefits from looking at pictures of nature. Visual elements of nature like water, animals, bugs, and sunsets/sunrises can reduce stress and mental fatigue[6]. There are many desk top or table top water fountains that you can order online that provide the relaxing sights and sounds of flowing water.

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2. Improves physical health

Spending time in your local park and/or looking at greenery from your window can reduce blood pressure, heart rate, muscle tension, and two stress-related hormones, cortisol and adrenaline. [2,5] You can put a comfortable chair in front of one of your windows to encourage spending more time there.

3. Improves mood

Research has found spending time in or looking at nature can change activity in our brain. Exposure to nature helps us get outside of ourselves by changing how we focus our attention; helping us to manage our negative emotions[7]. Greenery, looking at magazines or photographs of nature reduces anger, fear, and stress.[5] If you want to experience more greenery inside your home; why not consider getting more indoor plants when the social distancing guidelines are relaxed and it is safe to go plant shopping?

4. Improves productivity

We give our cognitive, or thinking, parts of our brains a break when we spend time in or look at nature! This break allows us to focus better because nature restores our ability to be in the present moment[2,5].

No need to worry if you are unable to get outside and don't have a window with any greenery in view. Looking at nature online, in magazines or pictures is another way to experiences these benefits!

1. https://www.organicconsumers.org/news/massive-study-reveals-exposure-nature-has-significant-health-benefits

2. http://www.dec.ny.gov/lands/90720.html

3. https://www.ncbi.nlm.nih.gov/pubmed/27493670

4. https://www.forbes.com/sites/billfrist/2017/06/15/the-science-behind-how-nature-affects-your-health/#1a04245815ae

5. https://www.takingcharge.csh.umn.edu/how-does-nature-impact-our-wellbeing

6 https://www.nationalgeographic.com/magazine/2016/01/call-to-wild/

7. https://blog.wellable.co/spending-time-in-parks-boosts-emotional-wellness?utm_campaign=Blog%20Immediate%20Update%20Email&utm_source=hs_email&utm_medium=email&utm_content=71089203&_hsenc=p2ANqtz-9sRRw3_-Cvk09nAoKrrPlun-iV4LR-x37v8j_23132zr4uzgllINnZ04148OOeCBQB_9De9TIUyDfFzaNKvnp3Pjn3fA&_hsmi=71089203