

Contact with Nature

The Natural World Improves Health

Research exists that provides evidence for the many ways in which contact with the natural environment improves both physical and psychological health and well-being.

- Health studies have shown that contact with nature such as plants, animals, pleasing landscapes and wilderness areas offer a wide range of health benefits including lower blood pressure and reduced cholesterol levels (*American Journal of Preventive Medicine*).
- Savanna-like settings are associated with self-reports of peacefulness, tranquility, or relaxation as well as decreased fear and anger, enhanced mental alertness, attention, and cognitive performance as demonstrated through proofreading tasks and psychological testing (*American Journal of Preventive Medicine*).
- A 10% increase in nearby greenspace was found to decrease a person's health complaints in an amount equivalent to a five year reduction in the person's age (Trust for Public Land).