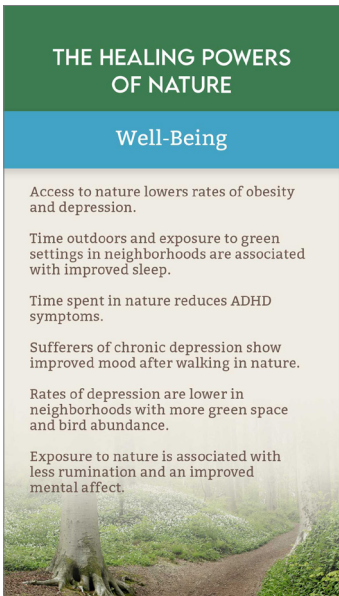




THE HEALING POWERS OF NATURE

Well-Being

- Access to nature lowers rates of obesity and depression.
- Time outdoors and exposure to green settings in neighborhoods are associated with improved sleep.
- Time spent in nature reduces ADHD symptoms.
- Sufferers of major depression show improved mood after walking in nature.
- Rates of depression are lower in neighborhoods with more green space and bird abundance.
- Exposure to nature is associated with less rumination and an improved mental affect.

Access to nature lowers rates of obesity and depression.

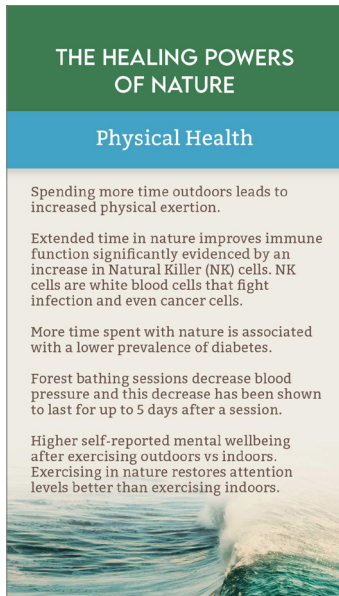
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THE HEALING POWERS OF NATURE

Physical Health

Spending more time outdoors leads to increased physical exertion.

Extended time in nature improves immune function significantly evidenced by an increase in Natural Killer (NK) cells. NK cells are white blood cells that fight infection and even cancer cells.

More time spent with nature is associated with a lower prevalence of diabetes.

Forest bathing sessions decrease blood pressure and this decrease has been shown to last for up to 5 days after a session.

Higher self-reported mental well-being after exercising outdoors vs indoors. Exercising in nature restores attention levels better than exercising indoors.

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THE HEALING POWERS OF NATURE

Children

- Children who spend more time outdoors have reduced rates of nearsightedness.
- Greener neighborhoods have lower rates of childhood asthma.
- Time spent in nature results in decreases in childhood stress and anxiety.
- Natural schoolyards are associated with decreased behavioral problems.
- Recess in natural environments improve tests of cognitive performance.
- Children with ADHD concentrate better after walking in a park or other green setting.
- Students with social emotional challenges showed greater improvements in self concept than a control group.

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NEW BLOG POST: Incorporating the Healing Power of Nature Into Self-Care



How to Incorporate Nature into Self-Care: The healing power of nature's healing properties includes everything from the power of trees and plants, flowers, herbs, and the power of nature's healing properties to the power of nature's healing properties. This is a powerful tool for self-care and healing, and it can be used in many ways. The healing power of nature is a powerful tool for self-care and healing, and it can be used in many ways. The healing power of nature is a powerful tool for self-care and healing, and it can be used in many ways.

Types of Nature Healing

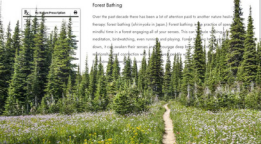
Community Gardening

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Forest Bathing

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NEW BLOG POST:
Incorporating the
Healing Power of Nature
Into Self-Care

Types of Nature Healing

Benefits You Can Expect
To Your Well-Being,
Your Physical Health, and
to Your Children's Health

Ideas of How To
Incorporate
Nature Into
Your Self-Care

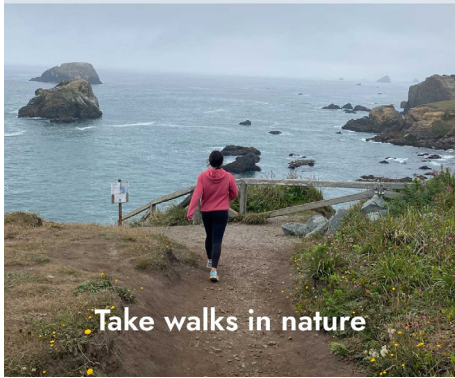
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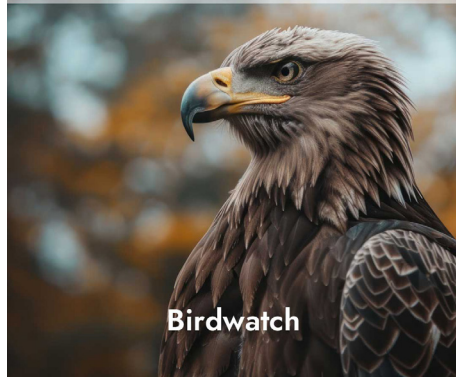
ACTIVITIES TO INCORPORATE Nature In Self-Care

WAYS TO INCORPORATE
Nature in Self Care



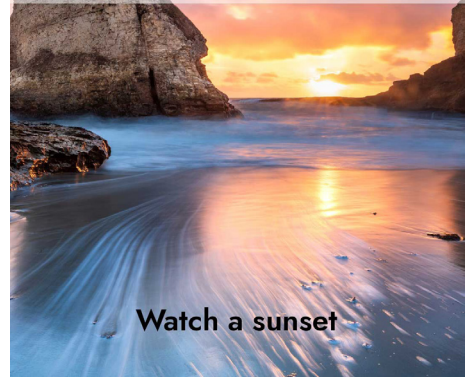
Take walks in nature

WAYS TO INCORPORATE
Nature in Self Care



Birdwatch

WAYS TO INCORPORATE
Nature in Self Care



Watch a sunset

WAYS TO INCORPORATE
Nature in Self Care



Meditate outside

WAYS TO INCORPORATE
Nature in Self Care



Garden

WAYS TO INCORPORATE
Nature in Self Care



Go for a bike ride

WAYS TO INCORPORATE
Nature in Self Care



Make art with found objects

WAYS TO INCORPORATE
Nature in Self Care



Clear litter from a beach or trail