

# NURTURING THE MIND, BODY AND SPIRIT THROUGH NATURE

## Nature aids in which components of health ?

<b>Physical</b>	⇒	walking, cycling, biking, hiking, running
<b>Mental</b>	⇒	restores mental fatigue, provides solitude and quietness, educational development
<b>Spiritual</b>	⇒	provides natural environment for contemplation, meditation, sense of place & connection to the world
<b>Social</b>	⇒	allows social connections through running clubs, recreational outdoor activities with friends & family

## Why Choose Nature?

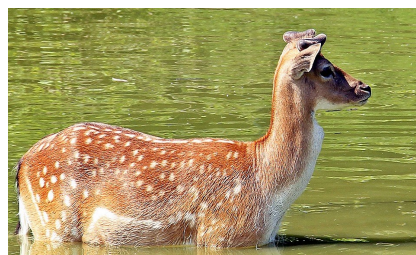
Green spaces such as parks, botanical gardens, community gardens, allotments, farms and woodlands offer unique and creative opportunities for restoring and improving not only the physical but the spiritual, emotional, neurological and psychological aspects of human health and well-being.

Other benefits include improvements to the mood of older adults who visit the park frequently, lower levels of anxiety and sadness following a visit to the park, lower stress levels and lower levels of depression associated with the increased physical activity of park users.

Woodlands offer opportunities for physical activities that are beneficial for health; provide settings where people can relax and enjoy time with friends and family; and promote the conservation and further planting of trees which cleanse the atmosphere.



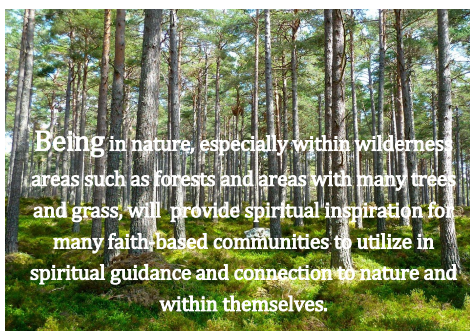
*“Just pausing momentarily to view pictures of nature will provide you with a sense of clarity and harmony.” - Anonymous*



## What have the studies shown?

Studies done on the benefits of trees and woodland areas in general have shown that people enjoy calming sensation brought on by listening to the sound of water in a woodland setting and the almost symbolic sense of stability and continuity given to life in the presence of trees.

Some studies have shown that the perceptions of the therapeutic value of woodlands were based partly on the age and size of the trees as well as on their perceived qualities of safety and protection, that made it therapeutic.



Scientific research on the well-being benefits of contact with animals and plants has revealed that encounters with the natural environment are very likely to have a significant positive effect both physiologically and psychologically on human health and well-being.

Contact with nature affects numerous facets of a person's physical, mental and social life such as:

- Reducing anger, frustration, aggression
- Increasing a sense of belonging and acceptance
- Socialization, mobility, mental stimulation, touch, physiological benefits, and the fulfilment of basic needs such as love, respect, usefulness, trust, self-worth and nurturing

### Citations

[www.cdc.gov](http://www.cdc.gov)  
[www.hphpcentral.com/wp-content/uploads/2010/09/beyondblue\\_togreen.pdf](http://www.hphpcentral.com/wp-content/uploads/2010/09/beyondblue_togreen.pdf)  
[www.georgewright.org/262maller.pdf](http://www.georgewright.org/262maller.pdf)

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