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Nature can reduce anxiety and boost mental health, say studies – 12th September 2024

Level 0

Standing in nature for 10 minutes is good for our mental health. Even gardening can help us. A study found that nature makes us see other people as "more human". This makes us help others, so we feel more positive about ourselves. Helping other people reduces our stress.

More people are suffering from stress, depression, and other problems. One in five Americans has a mental health problem. The research has good advice. It says being in nature helps us sleep better. Another study found that workers who had flowers on their desk became calmer after four minutes.

Level 1

Being in nature for 10 minutes is good for our mental health. It can help improve our relationships. Even gardening can help. A study from Hong Kong found that nature makes us see other people as "more human". Researchers say this makes us help others. This makes us feel better about ourselves. We feel more positive, so our mental health improves. Helping other people can also reduce our stress and anxiety.

Mental health is a growing problem. More people are suffering from stress, depression, and other disorders. In the USA, one in five people has mental health problems. The research has good advice. It says being near trees or in fields helps us sleep better and helps us focus. A study from Japan found that flowers have positive effects on mental health. It said workers who had a vase of roses on their desk became calmer after just four minutes.

Level 2

Being in nature is good for us. New research says that being in nature for 10 minutes can help our mental health. Spending time with others in natural environments can also help relationships. Even gardening can make a difference. A study from the City University of Hong Kong found that nature makes us see other people as more "fully human". The researchers say this makes us help others more. This makes us feel better about ourselves. We feel more positive, so our mental health improves. Helping other people can also reduce our stress and anxiety.

Mental health is a growing problem around the world. More people are suffering from anxiety, depression, and other disorders. In the USA, one in five Americans has mental health problems. The research has good advice on how nature can help us. It says time spent among trees or in fields helps us sleep better and improves our concentration. Moreover, a study from Japan found that flowers have positive effects on mental health. Researchers found that employees who had a vase of roses on their desk became calmer after just four minutes.

Level 3

We all know that being in nature is good for us. New research suggests that being in the natural world for just 10 minutes can help our mental health. The research also says spending time with others in natural environments can help relationships. Even being in city parks and gardening can make a difference. A study from the City University of Hong Kong found that nature increases how we see other people as "fully human". The researchers say this makes us help and cooperate with others more. We become more sociable. This makes us feel better about ourselves. We feel more positive, so our mental health improves. Helping other people can also reduce our stress and anxiety.

Mental health is an issue that is growing around the world. More people are suffering from anxiety, depression and other psychological disorders. The National Alliance on Mental Illness in the USA reported that one in five Americans has mental health problems. The research contains good advice on how nature can help with these issues. It says time spent among trees or in fields is linked with better sleep and improved concentration. One study from Chiba University in Japan found that even flowers have positive effects on mental health. Researchers found that employees who had a vase of roses on their desk became calmer and less stressed after just four minutes.

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