

How Nature Helps!

Discover 20 research-based benefits of nature connection

The State of our Nature Connection

- 70% of British adults feel they have lost their connection to nature¹
- The UK came 16th out of 18 'western' countries in how connected people felt to nature²

Nature Overall

1. 82% of adults agree that being in nature makes them very happy³
2. Time spent in nature is linked to a range of positive mental and physical health outcomes⁴
3. Noticing and engaging with nature appears to have a stronger link to our wellbeing than the amount of time spent in nature¹
4. Noticing 3 good things in nature regularly improves wellbeing, makes you happier, more satisfied with life and feel that life is worthwhile.^{5,6}
5. Engaging in Citizen Science regularly makes you happier, more satisfied with life and feel that life is worthwhile.⁶
6. Sense of connection to nature is key to a person's sense that their life is worthwhile, and is 4 times more important than their socioeconomic status⁷

7. **People who are more connected with nature are usually happier in life and more likely to report their lives are worthwhile** ^{8,9}
8. **Nature connectedness is associated with lower levels of depression and anxiety** ¹⁰
9. **People are 28% less likely to feel lonely when they can see or hear nature** ¹¹
10. **Increased exposure to green spaces is associated with better brain function** ¹²
11. **The more biodiverse the greater the effect on wellbeing** ^{10,13}
12. **We recover faster from stress if we see or hear nature** ¹⁵

Forest Bathing

Forest bathing is a traditional Japanese practice of immersing oneself in forest or woodland nature mindfully using all 5 senses. Initiated by the Japanese government in the 1980s to combat work-related stress in people living in urban areas. There has now been a lot of research on the benefits.

13. **Forest bathing reduces blood pressure and heart rate** ¹⁶
14. **Forest bathing reduces stress hormones** ¹⁶
15. **Forest bathing reduces anxiety, depression, grief, isolation and anger.** ¹⁶
16. **Forest bathing boosts our immune system** ¹⁷

Flowers

17. Looking at flowers for 4 minutes decreases stress ¹⁸

31 office workers stared at roses or nothing for 4 mins. Roses significantly increased Parasympathetic Nervous System activity - associated with rest and recovery as opposed to fight or flight.

Birds

18. Seeing or hearing birds improves our wellbeing with the beneficial effect lasting for hours ¹⁹

19. People feel that birdsong helps them recover from stress and attention fatigue ²⁰

Nose Breathing in nature. Give it a go!

20. Breathing in through your nose reduces blood pressure and improves the level of oxygen in your blood.

Nitric Oxide is a molecule released from the nose and sinuses into the air when we breath in through our nose. It is both a vasodilator and bronchodilator so it relaxes blood vessels reducing blood pressure, and opens up the airways increasing the level of oxygen in your blood compared to mouth breathing.

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