

Stimulate The Senses: How the Great Outdoors Affects Mental Health

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Abstract

Mental health disorders and illnesses are a majority concern in societies across the globe in our current age. This paper examines the impacts and the benefits of the outdoors in relation to mental health. Various aspects of the outdoors, such as connection, nature-based therapies, and specific elements, will be addressed to see what kind of an impact the outdoors can have. Studies on these aspects will be reviewed and compared to determine if it is hugely beneficial and worth trying before starting new medications with a long list of side effects for mental health disorders. The findings have shown that even spending a small amount of time outside each day can have a positive impact on mood and mental health. In addition, the same studies show improvement in overall health and well-being, not just mental health. Informing individuals on this benefit can help treat mental health illness and prevent individuals from spending money on various medications.

Keywords: outdoors, nature, nature-based therapy, connections, mental health, elements, depression, stress, outdoor activities

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In recent years, society has seen an overall increase in mental health illnesses and disorders. Major depressive disorders in the United States for the general population has been increasing during the past 25 years and the prevalence is estimated to be 20.6% (Coventry et al., 2021). Is this because of the decline in green spaces and lack of time outdoors? Over 280 million people are reported to be affected by depression and other mental health illnesses each year by the World Health Organization (WHO) (Joschko et al., 2023). The increase of mental health issues has had a significant impact on the economy all over the world, not just in the United States (Joschko et al., 2023). In general, poor mental health can cause a decline in productivity. Mental health is among one of the top reasons for sick absences, in the United Kingdom (Coventry et al., 2021). Mental health problems are also associated with increased unscheduled care and mortality, thus creating a lower quality of life (Coventry et al., 2021). Many people are called to work long strenuous hours and yet, rarely get the care or the financial aid that it takes to cope with the added stress. It is often expensive to treat since there are so many different types of treatment options, such as nature-based therapy (a complementary treatment method) (Joschko et al., 2023). Many times, patients will go through many different types of treatment options until they find the one that works, which is where it gets expensive. However, going outside and into nature to stimulate the senses is often relatively cheap and more beneficial.

Accessibility to nature is incredibly important because it promotes a feeling of freedom and stimulates all senses (Joschko et al., 2023). It is possible that the stimulation of the senses and freedom is what causes faster recovery from mental health illnesses in natural environments (Kjellgren & Buhrkall, 2010). Natural light and air can increase self-regulation and reflection, but nature can also help boost one's immune system (Joschko et al., 2023). What is it about

nature that causes these effects? Some researchers have proposed that a connection with nature can boost the human oxytocinergic system, which helps promote types of social interaction and reduces stress as well as other various healing effects (Joschko et al., 2023). This can range from increasing trust while decreasing fear and providing anti-inflammatory healing. In this respect, nature is seen as a restorative place for mental and physical health.

Since there has been an increase in mental health illnesses, it has become the topic of many news stories or social media posts. Influencers and celebrities have gone out to advocate to bring awareness to this pressing issue, as it has caused numerous losses to society. Many people are focused on various types of counselling styles and therapy or using different types of medication; however, many of these medications have a long list of side effects. This makes it reasonable to believe that governments and health care, as well as society, need to find alternative ways to treat and prevent mental health illnesses. This paper will serve as a literature review of different research that has evaluated the benefits of outdoors on mental health and the scientific reasoning behind it. While there are many ways to treat and prevent mental health issues, nature-based therapy and the benefits of the outdoors and nature will be what is primarily analyzed.

Nature has many ways to help with overall health; however, the focus will be on mental health and the physical aspects tied to it, such as blood pressure and restorative characteristics.

1. How do the outdoors create connections between people?

In order to determine the different ways nature can help with mental health disorders, multiple questions will be investigated. First, how does the outdoors create connections between people? Social connections can help decrease loneliness and improve one's sense of belonging.

The expectations would be that people can bond and work together to strengthen their mental health and connection to the outdoors.

2. Is it possible that spending time outdoors can help decrease mental health disorders, and if so, how?

In addition, is it possible that just spending time outdoors can help decrease mental disorders? Spending time outdoors is often seen as something that is simple, but can it be as effective or more effective than clinical treatment? Often, people say that they feel better after a walk outside or after sitting outside. Due to my personal experience with mental health and the outdoors, my hypothesis is that it is possible that spending time outdoors can decrease mental health disorders. To answer this question, comparisons between different literature and studies will be made.

3. What elements of the outdoors cause a boost in mental health for individuals?

Finally, if the outdoors can help with mental health illnesses, then what exactly causes it to boost mental health for individuals? Various studies and literature show that different aspects of the outdoors and nature can help with different things. Seeing brighter colors or experiencing natural light and air might just turn one's "okay" day into a more productive and positive day. Whether or not a person spends all their time sitting behind a desk decreases productivity and mental health will also be investigated. Because the decrease in productivity and increase in mental health illness is common among those who have office jobs, it is likely that there is a correlation between lack of time spent outdoors and mental health illnesses.

Overall, the purpose of this paper is to determine if spending more time outdoors and in nature will increase individuals' mental health and assist in decreasing mental health disorders

and illnesses. The hope is to create improvement in how individuals treat and prevent mental health illnesses, such as depression and anxiety.

Literature Review

The term mental health encompasses emotional, psychological, and social well-being. It is a fundamental part that helps humans flourish. In order to determine if and how the outdoors affects mental health, a literature review was conducted. The first section, *Creating Connections with Others*, discusses the opportunities and the ways the outdoors gives people a chance to interact with others. This section will also explore how connecting with others makes people feel less isolated and the impacts that has on mental health. Connectedness that is experienced when spending time with others outdoors is reviewed as a way to reduce stress and improve overall wellbeing (Sachs, 2022).

It is common to see an improvement in a person's mood after being outside on a nice sunny day. Could this mean that time outdoors decreases the chance of developing a mental health disorder or illness? The second section, *Increased Time Outdoors and Mental Health Disorders*, investigates if increased time outdoors decreases mental health disorders, as well as the effectiveness of nature-based treatments for mental health disorders. Western science is starting to acknowledge that engagement with nature and the outdoors can support, enhance, and improve health and wellbeing (Shrestha et al., 2023; An et al., 2016).

The final section, *Elements of the Outdoors*, will discuss different aspects of the outdoors that affect mental health, specifically different elements that boost serotonin levels. Serotonin carries chemical messages between the brain and body's nerve cells. This means that it plays a crucial role in mood regulation and creates longer-lasting feelings of happiness and improved well-being. Elements of the outdoors have a restorative effect on mental fatigue, and exposure to

these elements decreases levels of diastolic blood pressure, depression, and anxiety (An et al., 2016).

Creating Connections with Others

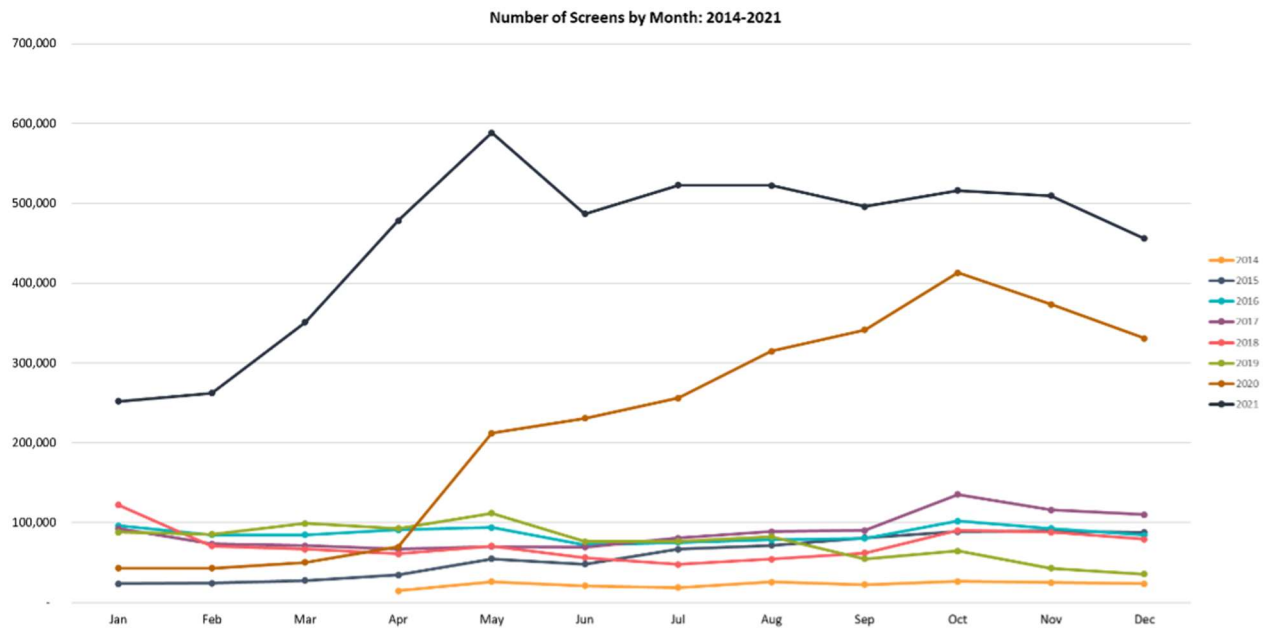
Creating connections with other individuals through the outdoors and the activities it offers can have extensive effects on mental health that foster a sense of belonging, support, and community. Outdoors activities create shared experiences, enhance social interaction, reduce social isolation, and establish support networks and connections with nature. The outdoors offers a strong platform for building meaningful and nurturing relationships with others. According to Sachs, “outdoor experiences are shown to be an antidote to loneliness and a way to promote social connectedness by amplifying the processes for supporting social relationships” (Sachs, 2022, p. 35). In this section, how the outdoors and its relation to mental health affects social interaction and connection will be discussed.

Social Interaction

Outdoor activities provide distractions and escapes from daily life, giving opportunities for meaningful social interaction. The outdoors facilitate time away from screens and encourage authentic communication between individuals, as well as give individuals the chance to connect with their inner self and nature. The increased screen time that is seen in today’s society has taken away meaningful communication from individuals and has limited face-to-face interaction, which is known to create social behavioral problems and increase stress and depression. As shown in Figure 1, there have been significant increases in screens since 2020. Evidence has shown that the more time younger people spend on screens, the higher the chance that their wellbeing decreases and the higher risk that they develop psychological problems (Price et al., 2022). In school aged children, 16 out of 18 studies on screen time exposure were associated

with unfavorable psychological outcomes. In the green time (outdoors) studies, 18 out of 22 studies were associated with favorable psychological outcomes (Oswald et al., 2020). These studies have shown that time inside and on screen have affected psychological outcomes and increased social isolation.

Figure 1. (Mental Health America, 2021). *Mental Health and COVID-19 2021 Data. Number of Screens by Month: 2014-2021.*



Engaging in various outdoor activities with others helps combat feelings of loneliness and social isolation struggles. “The environment created outside can offer interesting conditions for children and adults to show different aspects of their personality, which normally do not emerge during the time indoors” (Bento & Dias, 2017). The outdoors provides neutral and non-threatening environments, where individuals can feel more comfortable opening up and connecting with others. This is beneficial for those who struggle forming connections in traditional social setting and those with anxiety, specifically social anxiety. “The crucial difference about socialization in the outdoor environment is that opportunities for interaction to

happen in a gradual way,” (Bento & Dias, 2017). Since the outdoors offers unstructured socializing, it is better for limiting forced relationships and social isolation. Spontaneous interactions allow for more organic conversations and connections without the pressures of social norms that tend to be more formal. In addition to this, it also provides shared experiences which promote opportunities for bonding. Working towards common goals or overcoming challenges in the outdoors can strengthen bonds and create lasting relationships, minimizing stress and loneliness which attribute to many mental health illnesses. The shared experiences created in these activities provide a solid foundation for meaningful connections.

By reducing social isolation and providing opportunities for social interaction, individuals will have more opportunities to express themselves in safe outdoor environments, as well as providing validation by sharing thoughts and feelings with others. Sharing thoughts and feelings with others helps improve individuals’ mental health as it gives them the chance to gain perspective, manage emotions, and develop healthy coping strategies for everyday life. “By creating an interactive experience that engages the body’s senses and incorporates specific spatial elements guided by a healing structure, it is possible to evoke specific emotions that promote emotional regulation, such as feelings of safety, relaxation, or pleasure” (Yan et al., 2024). Outdoor activities with others encourage mindfulness and in-the-moment awareness. By engaging in outdoor social interaction, individuals are more likely to immerse themselves in sensory experiences, connecting themselves with others and nature. Immersion into nonthreatening natural environments can be effective in reducing stress and provide chances for “human cognitive, emotional, spiritual and aesthetic growth” (Lim et al., 2020). A mindful presence with others away from screens can promote relaxation, reduce stress levels, and improve overall mental clarity and focus.

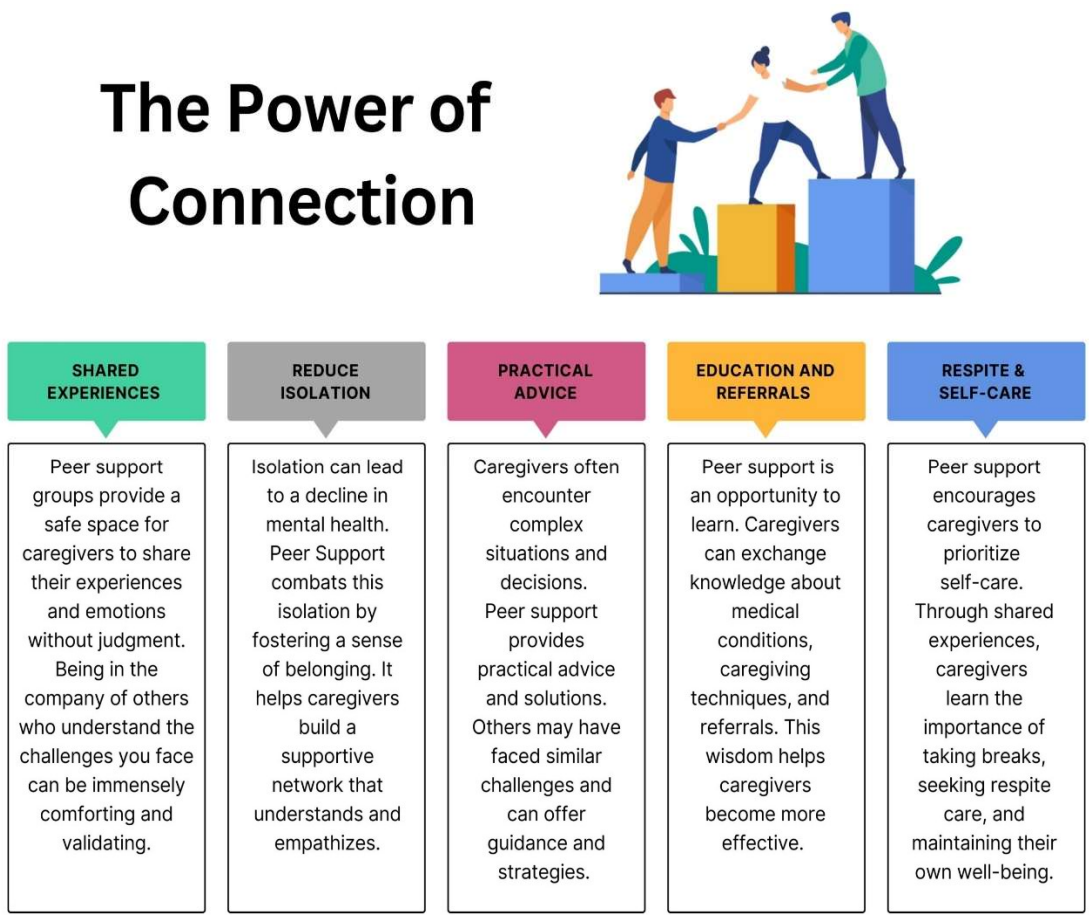
Support Networks

“Social support has a generally beneficial effect on relieving individual psychological pressure, inhibiting negative emotions, providing positive emotional experience and promoting mental health” (Liu et al., 2021). Outdoor social interaction provides individuals with the opportunity to build and strengthen support networks. There are various outdoor communities that provide opportunities for individuals to connect with other like-minded individuals who have common interests and passions, such as hiking groups, cycling clubs, hunting and fishing group, or conservation organizations. Having these support networks offers emotional support, encouragement, and provide a sense of belonging as well as communication, which are all essential for maintaining good and positive mental health (Wray et al., 2020). Participating in these supportive outdoor communities fosters collective identity and allows for more inclusion while providing opportunities for mutual aid and collaboration, which enhance feelings of connectedness and purpose. Feeling socially connected and valued by others reduces poor mental health symptoms, such as stress, loneliness, and isolation (Wray et al., 2020). Connection and support networks, such as friends or peers, allow individuals to confide into others to help decrease the risk of developing mental health disorders.

These support networks also provide shared experiences, which create a sense of camaraderie and understanding among those in the network due to the navigation of challenges and celebration of successes with one another (See Figure 2). This fosters a sense of empathy, validation, and mutual support, which alleviate feelings of loneliness and social isolation. Members can offer practical advice, emotional reassurance, and validation to one another and each other’s experiences, which positively affects psychological distress (Liu et al., 2021). The shared experiences among the support networks can boost self-esteem, confidence, resilience,

and helping each other navigate difficult times and emotions, as that usually leads to mental health disorders. Several studies' results were consistent with showing that "social support was verified as a positive factor to make individuals have higher self-esteem, and a sense of a higher social value," thus improving overall mental health (Liu et al., 2021). Being connected to others through the strong bonds of the outdoors reduces overall risk of depression, anxiety, and other mental health issues.

Figure 2. (San Diego Caregiver Connections, 2024). *Peer Support: The Power of Connection.*



Increased Time Outdoors and Mental Health Disorders

Increased time outdoors can have a significant impact on various mental health disorders as it offers numerous benefits that can improve negative mental health symptoms and an

individual's overall well-being. Time outdoors can promote stress reduction, mood improvement, social connection (as mentioned above), and sensory stimulation. The outdoors promotes feelings of freedom and stimulates multiple senses that lead to a faster recovery from mental health disorders. This makes the outdoors a perfect way to treat some mental health illnesses, and why nature-based therapy has become popular. Studies have “examined the restorative benefits associated with frequency of use of different types of green spaces in active ways ≥ 15 min four or more times per week reported a higher quality of life, better overall mood, and lower perceived stress” (Jimenez et al., 2021). Time outdoors can reduce stress, offer grounding techniques, and can function as a natural stimulant.

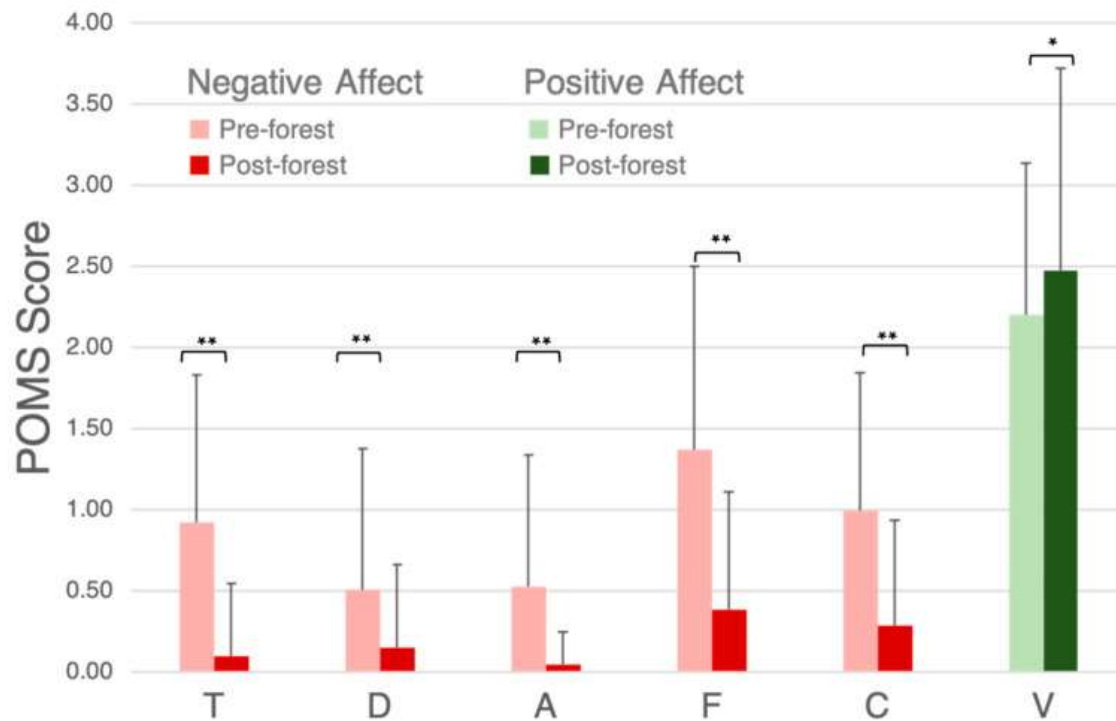
Stress Reduction and Grounding

Being in natural environments has a calming effect on the mind and body, allowing for stress reduction and relaxation. The different elements of the outdoor environment can help reduce symptoms of anxiety and allow for a sense of peace and well-being. Encouraging individuals to engage and practice guided mindfulness using their surroundings helps calm the mind and reduce stress. “More than 40 experimental studies indicates that measures of heart rate, blood pressure, and perceived stress provide the most convincing evidence that exposure to nature or outdoor environments may reduce the negative effects of stress” (Jimenez et al., 2021). Also, individuals can help regulate the nervous system and calm the body's response to stress by taking deep breaths and inhaling fresh air slowly. Recent analysis found that exposure to the outdoors and its natural environments may decrease cortisol levels, which is frequently used as a biological marker of stress (Jimenez et al., 2021). In addition to using an individual's surroundings to reduce stress, the outdoors, as mentioned in *Creating Connections with Others*, offers a chance to unplug from screens and reduce mental clutter. This allows for increased

mindfulness and reduces stress from daily life. Stress reduction is the key to limiting mental health illnesses and disorders, and using the outdoors to help regulate stress and stay grounded is a fairly simple thing to do.

Engaging and using the body's sense to connect with the natural environment can serve as a way to stay grounded. Individuals who regularly go outside to de-stress might use their five senses to ground themselves. The goal of the five senses ground technique is to identify five things that are visible, four things that can be touched, three things that can be heard, two things that can be smelled, and one thing that can be tasted. These might include touching the bark of a tree to feel the texture, listening to the leaves rustling in the wind or birds singing, smelling the outdoors, and observing colors and patterns in the environment. Encouraging this kind of physical contact with the outdoors helps individuals feel connected and grounded in the present moment, as well as improve mood states. As shown in Figure 3, "the average POMS (Profile of Mood State) scores for the negative mood states significantly decreased following the Nature Break," and the positive mood state increased (Fu et al., 2022). Outdoor yoga and meditation also serve as a way to stay grounded and reduce stress, as it encourages individuals to connect with the outdoors and synchronize their breathing and movements. This allows for a sense of inner peace and relaxation from daily life.

Figure 3. (Fu et al., 2022). *POMS results pre-forest and post-forest. T: tension and anxiety, D: depression and dejection, A: anger and hostility, F: fatigue, C: confusion, V: vigor. Significant differences are marked with * $p < 0.05$ and ** $p < 0.01$.*



Nature-Based Therapy and Exposure Therapy

Nature-based therapy is primarily about the process of doing, exploring the slowness, reconnecting to oneself and nature. Creating environments where individuals feel safe, inspired, seen, heard, encouraged to explore, and truly accept themselves, which takes out the competitive nature of performance and focuses on being present and connected (Nejade et al., 2022). Nature-based therapy builds trust in change and accepts the small changes that are inside the individual and not directly visible. Numerous studies have results that show nature-based therapy and time spent outdoors decreases depression severity and stress levels (Shrestha et al., 2023). Nature-based therapies, such as wilderness therapy and ecotherapy, have also shown promise in treating several mental health disorders, including post-traumatic stress disorder (PTSD) and substance, by combining various outdoor activities with other therapeutic interventions (Ramirez, 2022). Nature-based therapy is usually occupied by exposure therapy depending on what is being treated.

Outdoor activities that are used for therapy can involve exposure to triggering stimuli. Exposing individuals to their triggering stimuli in a controlled and supportive environment can be therapeutic for individuals with PTSD or trauma-induced depression. This provides individuals with the opportunity to become desensitized to traumatic triggers and have a feeling of safety and empowerment through gradual exposure to outdoor settings. Results from numerous studies support the idea of using exposure therapy to help efficiently treat those with PTSD (Rothbaum & Schwartz, 2002, p. 65). Due to the sensory stimulation that the outdoors offers, exposure therapy outdoors can also be used as a way to help individuals with Attention-Deficit/Hyperactivity Disorder (ADHD) to improve focus and impulse control. There is evidence that nature can help in addressing impulsivity and hyperactivity, as individual with green views had superior performance on impulse control test compared to those who had barren views (Kuo & Taylor, 2004). The calming and grounding effects of the outdoors also reduce hyperactivity and regulate arousal levels. By using the outdoors as a therapy tool, individuals are able to express themselves, reduce stress levels, process emotions, and have self-reflection without the distractions of everyday life. But what is it about the outdoors that makes this possible?

Elements of the Outdoors

The outdoors not only impacts mental health, but overall health as well. Being able to have ways to improve the body's physical and physiological health can play an important role in minimizing stress. There are various aspects of the outdoors that affect mental health. As the human species, historically, was a primarily outside community. It was not until relatively recently did the human species moved to being more indoors due to various technologies that have made it, so individuals do not have to go outside. Physiologically, humans need the outdoors as that is what benefits the body the most. Many natural elements can boost serotonin

levels, a chemical that plays a crucial role in mood regulation and decrease cortisol levels that are typically used as markers to determine stress. Many of these same elements can have restorative effects on mental fatigue as well as the physical body, such as decrease diastolic blood pressure (An et al., 2016). Not only do the considerably basic elements of nature aid in improving mental health physiologically, but the outdoors provides unique opportunities for exercise that can release different hormones to regulate mood.

Physiological Benefits

The body has thousands of neurotransmitters and chemicals that it is trying to manage and control to regulate emotions and provide individuals with what they need to go through everyday life. This process can be disrupted by various things, such as stress or trauma. By going outdoors just to be in the sunlight or get fresh air can give several benefits for the human body. Exposure to natural sunlight and getting fresh air stimulates the production of vitamin D and serotonin, which is important in mood regulation and promoting that long-lasting feeling of happiness. Sunlight exposure directly decreases the symptoms of seasonal depression, which is typically caused by lack of sunlight in the winter months (Kent et al., 2009).. Sunlight exposure also helps regulate the body's internal clock (known as circadian rhythms), which plays a role in sleep cycles, hormone production, and metabolism (Kent et al., 2009). Being able to get better sleep plays an important role in mental health and helps minimize symptoms of being tired that many individuals with mental health illness face. In addition to sunlight, fresh clean air that individuals get outdoors helps with respiratory health. This gives individuals the proper oxygen that is needed to regulate mood as well as restore their health.

Furthermore, the outdoors also aids in stress hormone regulation, balancing the autonomic nervous system, and the immune system. Studies have shown that spending any

amount of time outdoors can reduce levels of stress hormones, including cortisol and adrenaline, as well as decreasing heart rate and blood pressure (Brown et al., 2013). High levels of cortisol and adrenaline causes the body to feel stressed and tense, so being able to decrease these can provide a sense of relaxation and calm. The outdoors gives a sense of tranquil and restorative backdrop further decreasing stress and promoting emotional well-being. The autonomic nervous system also plays a role in the body's functions and response. Outdoor activities can activate the parasympathetic part of the autonomic nervous system, which allows for relaxation and restorative functions, while reducing the sympathetic activity in the nervous system, often paired with the "fight or flight" response (Brown et al., 2013). In addition, natural environments also enhance the immune system by increasing the levels of natural killer cells and increase the production of anti-cancer proteins. This aids in reducing inflammation in the body, which is responsible for various diseases and disorders (Tsao et al., 2018). Taking care of the human body is an important step in improving mental health.

Exercise

As mentioned above, engaging the physical body in the outdoors can provide numerous benefits as well. Exercising in a gym or at home is beneficial for the body and releases hormones, but it often gets repetitive and uninteresting after a while. The outdoors provides opportunities for unique ways to exercise such as hiking, swimming, gardening, etc. Physical outdoor activities improve blood flow to the brain, while increasing oxygen levels provides a chance for mental clarity and focus (Bailey & Kang, 2022). Participating in these activities and exercises release endorphins, which regulate happiness and reduce stress. Exercising outdoors further enhances this effect by increasing exposure to sunlight and in turn boosting mood and energy levels (Shrestha et al. 2023). Working as a stress and anxiety relief technique, this

combination also aids in lowering the levels of stress hormones to have a calmer state of mind. Outdoors exercise also creates social connections and boosts self-esteem, which as mentioned above helps with mental health illnesses. Overall, regular outdoor activities and exposure to the outdoors plays a crucial role in overall health and well-being.

Conclusion

The outdoors yields a significant influence on mental health, offering a diverse range of benefits that improve mental health and overall well-being. From creating connections with other individuals to the therapeutic effects to the restorative and regulation abilities of the outdoors, individuals see all the different experiences that it offers to nurture the mind, body, and spirit. Outdoor environments have offered individuals chances to disconnect from technology and everyday to engage in deeper more meaningful relationships with one another. Providing individuals with the ability to form more and deeper connections, the higher the chances of trust being formed and increasing productivity in work and school settings, as well as daily life. Connections and reducing social isolation are key when trying to limit mental health illnesses and provide outlets for individuals to go to so they do not feel alone in their struggles. Having those connections and support networks, it is easy to see an increase in self-esteem and in mental health. Even the most introverted individual is not meant to be alone or isolated as humans are a communal and tribal species. Outdoor communities are beneficial for those who struggle with mental illnesses that stem from a feeling of not belonging or lack of purpose. In reference to the studies that have been reviewed, these kinds of outdoor connections offer not only connections to others, but also connections with oneself and allow for self-reflection. The outdoors provides a safe and judgement-free environment, one just has to go outside and experience and connect with it.

Increasing one's time outdoors alone can benefit mental health tremendously and offer an alternative and cheaper way to treat mental health without the long list of side effects. The outdoors stimulates the senses and can activate different systems throughout the body that are crucial in mood and emotion regulation. The outdoors has shown to have calming effects on individuals and just breathing fresh air can help reduce stress levels. Since outdoors is regarded as a safe environment, it makes it the perfect outlet for those dealing with stress and trauma. When individuals increase their time outdoors, they have seen improvement in their mood states. Nature is used by numerous people to stay grounded and reduce daily stressors, as well as using the outdoor environment as a stimulant. One of the grounding techniques discussed, the five senses technique, is best and most effective when used outdoors to connect with the earth and relax the mind and body. This is why it is popular to do yoga and meditation outside as it offers fresh air and relaxation. The outdoors gives individuals a sanctuary for mindfulness and reflection. A quiet environment can mirror the individual's need to quiet the mind. The studies discussed in this thesis provide reasoning for why the outdoors and nature-based therapy has become so popular in treating and preventing mental health illnesses and disorders.

The various elements of the outdoors play the most important role in decreasing mental health illnesses and disorders. From the fresh air to the dirt under the grass, it all plays a role in regulating and activating hormones and physiological chemicals that deal with stress, emotions, and trauma response. Sunlight alone can improve several aspects of the human body and mind that indirectly affect mental health, such as sleep cycles, hormone production, and metabolism. The reports that were reviewed showed that sunlight can stimulate the production of vitamin D, which can improve mood regulation and decrease the risk of seasonal depression. The outdoors also impacts the "fight or flight" response; so, by being in the elements, individuals can limit this

kind of response and focus more on healing. In addition, the studies reviewed also showed the elements affect inflammation and increasing anti-cancer protein. The unique elements of the outdoors offer many benefits in addition to its restorative powers. Giving numerous outdoor activities, the elements provide different ways to exercise, such as hiking and swimming, that release mood regulating hormones and chemicals. The outdoors and its elements provide individuals with a new and natural way to treat the mental health illnesses and disorders that so many face.

The combination of physical activity and nature exposure promotes feelings of happiness and stress relief, while offering opportunities for connection and interaction. By offering an escape and distraction from daily life, the outdoors serves as a place of solace, inspiration, restoration of the mind, body, and soul. The outdoors as a way to treat and prevent mental health illness is an integrated approach and one that should be implemented throughout the world. Embracing the healing and restorative power of the outdoors may just be what the world needs to decrease mental health disorders. With that being discussed, individuals are encouraged to enjoy all the health benefits of the outdoors (Figure 4).

Figure 4. (Bpt, 2018). *Enjoy the health benefits of the National Parks [infographic]*.

Humana

Enjoy the Health Benefits of the National Parks



The National Park Service has 400+ sites that provide year-round opportunities for people to better their health



Parks can inspire adventure and exploration that invigorate mind, body and spirit



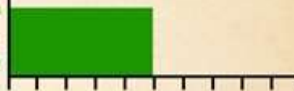
Group nature walks are linked with significantly lower depression and stress¹

Being outdoors and exercising in nature:

Improves focus⁴
20%



Improves creativity⁴
50%



Makes you feel twice as good as exercising indoors³
It also lowers levels of depression and stress⁶



BOOSTS ENERGY²



STRENGTHENS IMMUNITY³



DECREASES TENSION⁵



DECREASES ANGER⁶

For a full list of national parks, visit: <http://www.findyourpark.com/find>

FIND YOUR PARK



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