

# NATURE AND WELLBEING

## HOW DOES NATURE CONTRIBUTE TO OUR WELLBEING?

Nature is an important need for many and vital in keeping us emotionally, psychologically and physically healthy.

## NATURE MAKES YOU..

### Smarter

Just 20 minutes in nature improves concentration. Walking through nature also improves cognitive function and memory, which can greatly improve performance in school.

### Happier

5 minutes walking in nature improves mood, self-esteem, and relaxation. Frequent exposure to nature reduces anxiety and depression.

### Stronger

Exercising in nature leads to greater health benefits than performing the same activity indoors. Individuals are more likely to repeat being physically active when the exercise is performed in a natural environment.

### More Productive

Physical activity in a green space can improve cognitive control, short and long-term memory and overall brain function.

### Healthier

A 30-minute visit to a park can improve heart health, circulation and lower cholesterol  
Listening to birdsongs and observing animals in nature promote wellbeing, reduce stress, improve mood, and reduce attention fatigue.

## ENVIRONMENTAL FACTORS

Cleanliness, such as the absence of litter, in natural spaces is also a factor in how much our mental health benefits from spending time outside. Cleaner nature areas are linked to lower rates of depression.



Be a part of the solution. Take a stand for our planet and inspire positive change in your community. Together, we can make a difference!

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