

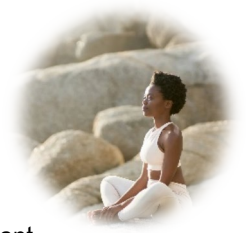
# #TREbit NATURE NURTURES



Have you ever experienced the desire to sit out on a deck or balcony?  
Have you sought out locations surrounded by nature for vacations or moments of relaxation?  
Have you felt the excitement of viewing the beauty of nature?

## The human brain and body are built to desire connection with nature.

A person can build their resilience through spending time connecting with nature. An article by the American Psychological Association (APA) captures the benefit of nature on our mental health by stating that “spending time in nature can act as a balm for our busy brains.” <https://www.apa.org/monitor/2020/04/nurtured-nature>



Can't get outside for time in nature? “Research done in hospitals, offices, and schools has found that even a simple plant in a room can have a significant impact on stress and anxiety.”

<https://www.takingcharge.csh.umn.edu/how-does-nature-impact-our-wellbeing>

Science also indicates even viewing images of nature or hearing recorded sounds of nature can have a calming impact on our brain. “A randomized crossover study has shown people recover faster from an acutely stressful experience if they have been looking at pictures of nature beforehand, even if they're in a concrete room.”

<https://www.psychologytoday.com/us/blog/the-stress-proof-life/201812/nature-is-calming-even-if-it-isnt-real> .



Does your work environment provide access to connecting with nature?  
What are simple changes that can be made to introduce views or sounds of nature into your work environment?  
How can this knowledge help with personal self-care and/or have a positive impact on services?