

Nature and Mental Health

Getting out and spending time in nature allows us to enjoy beautiful scenery, fresh air, and exercise. But did you know that connecting with nature can positively impact crucial areas of mental health? Some of the benefits include:



Cognitive Benefits

- Improved working memory
- Spending time in nature is associated with improved attention, self-control, empathy and cooperation.

Mental Health Benefits

- A 90-min walk in nature decreases rumination and leads to changes in the brain that may lower the risk of depression.
- Reduced risk of mental health diagnosis for those living in areas with green spaces

Emotional Benefits

- Increases happiness
- Positive social interactions
- A sense of meaning in life
- A buffer against the negative impacts of social isolation

Physical Benefits

- Reduced blood pressure, heart rate, and stress hormones
- Boosting immune function
- Looking out the window at nature is associated with faster recovery

Strategies to try



Spend time in nature daily

As little as 10 minutes, and up to 2 hours, sitting or walking in nature can improve well-being.



Connect virtually

If you can't make it outside, pictures, videos, or [sounds of nature](#) can produce similar benefits to being physically in nature.



Take a mindful walk

Use this [guided meditation](#) to help you be present while walking and connecting with nature.



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Access to personalized 1:1, group, and self-serve resources for your well-being, so that you can be the best version of yourself — at home, at work, and in your relationships. Scan this QR to get started. Or visit my.modernhealth.com.

