

Our Good Health



Research studies confirm why we need to spend time each day in the hospital garden or other nearby nature:



Urban green spaces encourage physical activity and are a more restorative environment than indoor settings, with a greater positive effect on mental health.



Exposure to a natural environment tends to foster psychological well-being and produce restoration from the stresses of everyday living.



Some social scientists conjecture that people respond with involuntary attention with nature, and this is a key mechanism in restoration from mental fatigue related to stressful work situations that necessitate prolonged attention.



In one study, higher levels of exposure to green space were associated with significantly lower levels of symptoms for depression, anxiety, and stress.



People with access to nearby natural settings have been found to be healthier overall than other individuals.



The longer-term, indirect impacts (of 'nearby nature') also include increased levels of satisfaction with one's home, one's job and with life in general.

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Access to nature in the workplace is related to lower levels of perceived job stress and higher levels of job satisfaction.



Workers with a view of trees and flowers felt that their jobs were less stressful and they were more satisfied with their jobs than others who could only see built environments from their window.



Employees with views of nature reported fewer illnesses and headaches.



A similar study found that a view of natural elements (trees and other vegetation) buffered the negative impact of job stress on intention to quit.



In one study, 71% of people found a reduction in depression after going on an outdoor walk versus a 45% reduction by those who went on an indoor walk.



In another study, the longer participants stayed in a park, the less stress they exhibited.

More than 100 studies have shown that relaxation and stress reduction are significant benefits associated with spending time in green areas.

References:

- https://depts.washington.edu/hhwb/Thm_Mental.html
- <http://heapro.oxfordjournals.org/content/21/1/45.full>