- Naturopathy / Mental health



Therapeutic benefits of going outside in nature

A new study finds that spending 10 minutes in nature can benefit adults with mental illness. The meta-analysis reviewed 30 years of research on the social, mental and physical health effects of nature exposure. Spending time in nature reduces stress, improves cognitive function and boosts mood. The analysis found that spaces like rivers and oceans, as well as camping, farming and gardening, had the greatest effects. Urban nature, mountains and forests also offer benefits. These findings underscore the importance of green spaces in natural and urban environments. Ten minutes in urban nature is less intimidating, costly and time-consuming for those without the time and resources for extended wilderness trips. The authors noted that while taking a walk or a camping trip shouldn't replace therapeutic interventions, spending time in nature should be seen as an inexpensive resource that can support adults' mental health and wellbeing.
Source: Ecopsychology