Moving from urban to greener areas was linked to improved mental health.

“On moving from urban to greener areas: “mental health improved within a year and stayed approximately the same for the following two years.”


Longer distances to green areas are associated with higher levels of stress.

“A stronger positive correlation between stress and distances to green areas is found when the distance is measured within the largest cities.”

Study measured amount of stress and BMI in relation to green space


Nature helps to lessen to the negative impact of stressful life events.

“As shown in Figure 1, stressful life events have less impact on psychological distress under high nature conditions than under low nature conditions.”

http://dx.doi.org/10.1177/00139165033500901

Green spaces are restorative and boost attention, while viewing concrete worsens attention during tasks.

“The green roof scene was perceived by participants as more restorative, as well as boosting their attention compared to participants viewing the concrete scene, who showed worsening attention over the course of the task.”

Study had participants look at nature for 40 seconds and attention boosts were measured

http://dx.doi.org/10.1016/j.jenvp.2015.04.003

Group walks in nature are significantly associated with lower levels of depression.

“Controlling for other significant predictors, group walks in nature were significantly associated with lower depression.”


Group walks in nature are associated with lower levels of stress and negative affect.

“Group walks in nature were significantly associated with less perceived stress and less negative affect.”

Spending time in nature is linked with decreased anxiety, rumination, and negative affect.

“Compared to urban experience, nature experience led to greater decreases in anxiety, rumination, and negative affect. Nature experience also maintained positive affect, compared to the drop in positive affect that resulted from urban experience.”


Physical activity in a natural environment is more beneficial on mental wellbeing than physical activity indoors.

“We found some evidence that physical activity in an outdoor natural environment may bring additional positive effects on measures of mental wellbeing that are not seen when participating in similar physical activity indoors.”


Walking in parks improved focus in children with attention deficits.

“Children with attention deficits concentrated better after walking in a park than after either of two other settings. The effect of a dose of green was substantial—roughly as large as the deficit due to ADHD and roughly as large as the peak effect of extended-release methylphenidate. Children’s experience of the three settings showed the same pattern as their attention performance afterward.”


Nature reduced rumination and subgenual prefrontal cortex activation.

“Nature experience reduced rumination and [subgenual prefrontal cortex] activation. Participants who went on a 90-min nature walk showed reductions in self-reported rumination and decreases in sgPFC activity, whereas those who went on an urban walk did not show these effects.”

Articlo states that “the sgPFC has been shown to display increased activity during sadness and the behavioral withdrawal and negative self-reflective processes tied to rumination in health and depressed individuals.” which is why the sgPFC is being referenced here.


Spending time with blue spaces is associated with fewer issues with peer relationships and more prosocial behavior.

“Annual beach attendance was negatively associated with the SDQ total difficulties score and with difficulty subscale scores (particularly peer relationship problems), and positively associated with the SDQ strength subscale score (i.e., prosocial behavior).”