

# IMPACT OF NATURE ON MENTAL HEALTH & WELL-BEING



Reduce stress levels, lower cortisol (stress hormone) production, and promote relaxation



Elevate mood, increase feelings of happiness and joy, and alleviate symptoms of depression



Reduce feelings of anxiety and promote a sense of tranquility and peace



Enhance cognitive function, including improved attention, focus, and creativity



Reduce mental fatigue and improve concentration and productivity



Social interactions, such as participating in outdoor activities with others or joining nature-based groups



Lower blood pressure levels, which is beneficial for cardiovascular health

# Nature Of Mental Things

**A Loxley**



## **Nature Of Mental Things:**

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