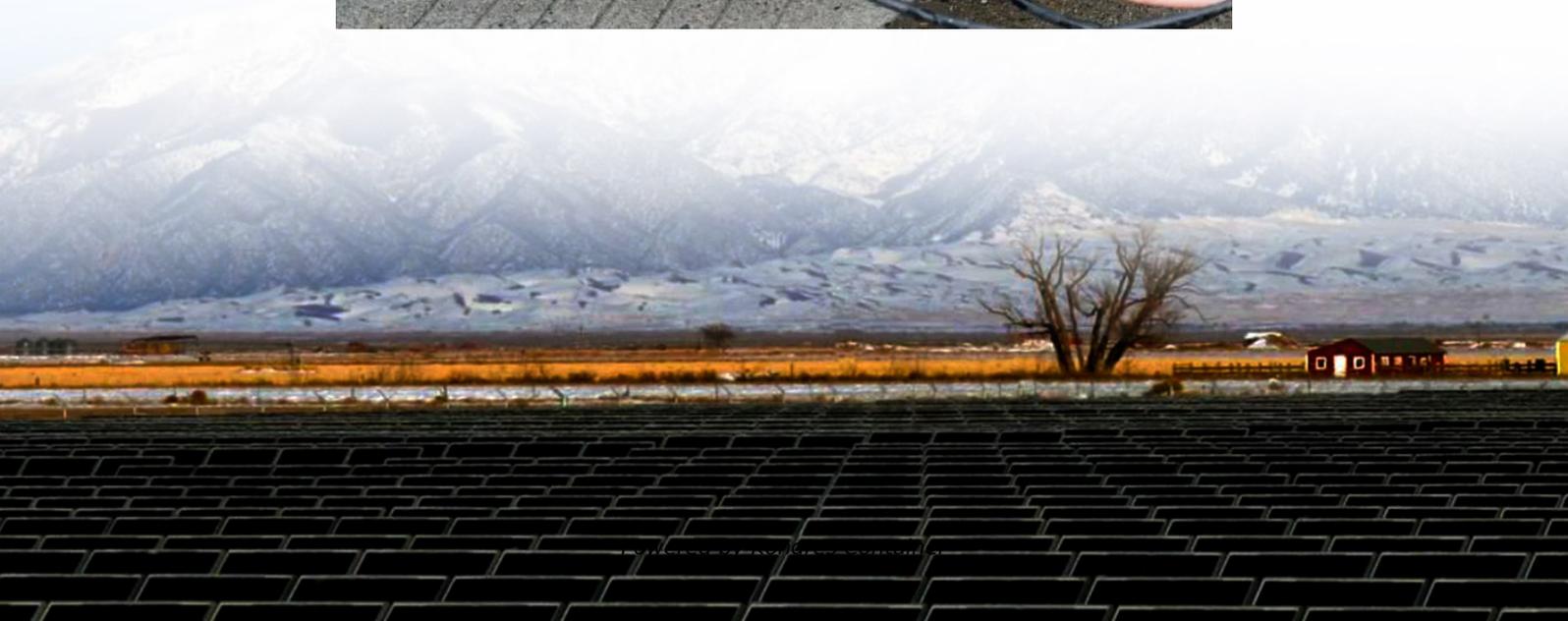
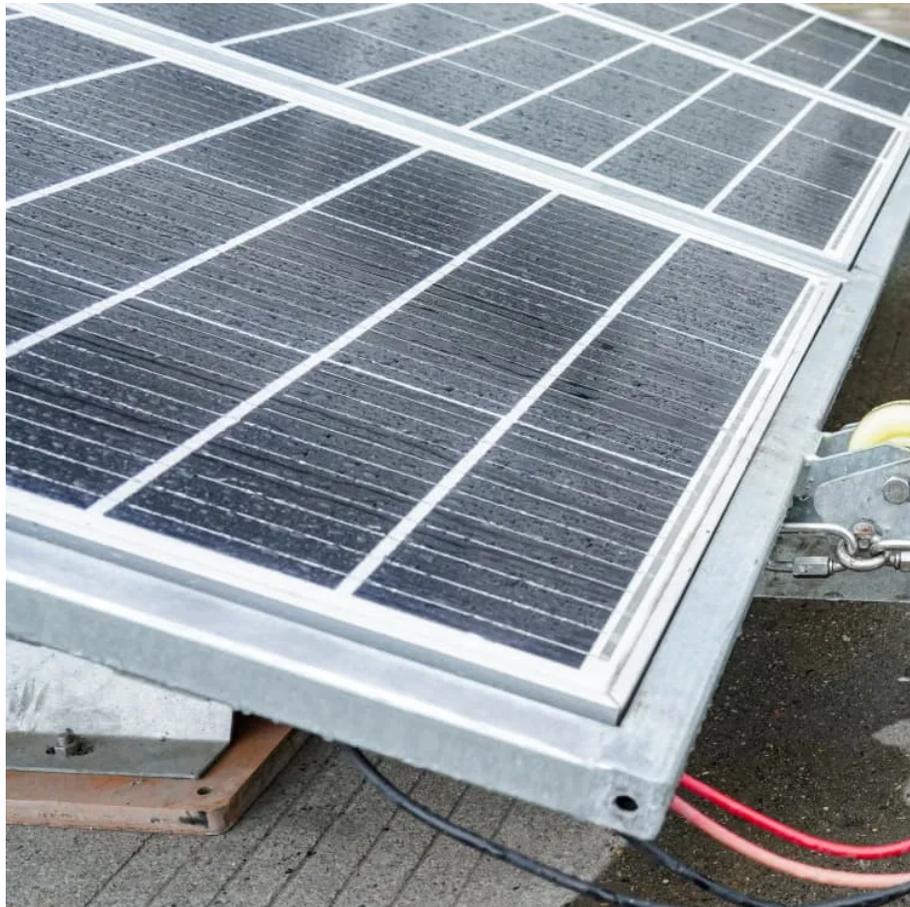


Kongres Container

Outdoor Power Anxiety



Overview

Can outdoor activities improve mental health?

Research shows that outdoor activities reduce stress and anxiety, elevate moods, and promote mindfulness. (Photo Credit: Mitsuo Komoriya / Unsplash)
The simple act of stepping outdoors into nature can have profound impacts on one's mental health. This may seem farfetched, but it's true.

Does outdoor time affect mental health?

But there are indications that certain amounts and types of outdoor time may have greater impacts on well-being. A 2021 study, for example, found that the 20- to 90-minute sessions in nature were most beneficial for mental health, with gardening, nature-based therapy and exercise in green spaces being the most effective for adults.

Can ecotherapy help reduce stress & anxiety?

With or without an ecotherapist, you can begin to reduce your stress and anxiety outdoors. Showers shared several of her go-to activities, including several that can be done anywhere, to shake off your stress and boost your mental health. Forest bathing, according to Showers, is "mindful time spent in nature."

Can nature help lower stress and anxiety?

In fact, as little as 10 minutes outdoors begins to lower our blood pressure and improve our mood and focus, according to 2020 research out of Cornell University. These are just a few of the many studies connecting the dots between time in nature and lower stress and anxiety.

Can forest bathing help reduce stress and anxiety?

Forest bathing, or practicing being meditative or fully present in nature, is shown to improve the vital signs associated with stress and anxiety. With or without an ecotherapist, you can begin to reduce your stress and anxiety

outdoors.

Do outdoor activities promote wellbeing?

It is evident that having an affective relationship with nature through engaging in outdoor activities is an important mechanism on the pathway to wellbeing benefits over and above benefits that might accrue from visiting or being exposed to nature alone (Richardson et al., 2018).

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