

vsi04152

My body craves being in nature. It's definitely my happy place!

Posted On 03/20/2024

Momtad

When I was working in an office, for my morning break, every day I used to go for a walk even though it was generally around the parking lots. When I got back to my desk, my mind was clearer, and I was able to figure out more problems. After a few months of this, people started joining me which kind of defeated some of the purpose!

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Guillermou

The relationship with nature encompasses emotions, cognitions (e.g., beliefs, attitudes, knowledge), as well as the experiences that people have in nature. The more connected people are, the more likely they are to care about and protect the environment. The relationship with nature is associated with higher levels of subjective well-being. Greater subjective well-being has been associated with good health and longevity, better social relationships, work performance, and creativity. The relationships with the health benefits of contact with nature (NR) are the most studied in relation to forests and green areas. Visiting forests is considered a method to positively influence mental, physical and social well-being.

Both natural and urban forests improve people's quality of life. From a medical point of view, various plant communities have a wide range of therapeutic properties, including disinfection, blood pressure reduction, anti-asthma, immune stimulation, etc. Research findings on NR also support the biophilia hypothesis, which suggests that NR may be associated with well-being, as NR satisfies our innate need to connect with other forms of life and therefore provides comfort and fulfillment. staff. The relationship with nature is also associated with people's self-construction, since it moderates the relationship between the need to belong, the desire for social acceptance and the sense of connection.

Research shows that a relationship with nature is often associated with greater happiness and greater feelings of overall purpose and meaning in life, as well as greater mindfulness. Furthermore, the relationship with nature is consistently and positively associated with greater life satisfaction and greater vitality. Although the findings show that women seem to be more connected to nature, men may benefit more from such a connection

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In general, contact with nature provides us with: -----1. Being in nature decreases stress -----2. Nature makes you happier and less brooding -----3. Nature relieves attention fatigue and increases creativity. - -----4.. Nature may help you to be kind and generous -----5. Nature makes you "feel more alive"
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juststeve

Gui, on a personal level if afforded most of my life weekends, even weekdays, if possible, would be spent in deep wilderness areas. During the much of the week, at least an hour in semi-wild situations, with then much of the day in the Summer in the Garden, outdoors. Early morning for a scant time, spent here to see what Doc, the interviews, and commentators have to offer. When locked out of outdoor activities there is a tremendous drop in the bodies batteries so to speak. The 20-5-2 recommendation would probably be a good start for those who have been locked into the dominant live in isolation cubicles. To step outside all the noise of Fear Porn, Scream Memes, Smear Memes, distractions washes away so much artificial Bull, and reconnects us to what is actually Real - Reality.

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Just you are full of creativity, you are full of nature. "May your trails be crooked, winding, lonely, dangerous, leading to the most amazing view. May your mountains rise into and above the clouds. May your rivers flow without end..." Edward Abbey

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