Importance of Nature

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Learning Outcomes

- Familiarize yourself with how nature can impact your well-being.
- Incorporate nature into practices of mindfulness and self-care.
- Understand nature’s benefit on our mental health.
Importance of Nature

- Being in nature allows one to (Bratman et al., 2012):
  - De-stress
  - Focus on the moment
  - Elevate positive emotions

- 5 Types of Nature (Bratman et al., 2012):
  - Countryside/farmland
  - Water Bodies
  - Urban Green
  - Forest/woodlands
  - Wilderness

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Benefits of Nature

- Nature provides the following benefits:
  - Sense of calm, energy, or focus.
  - Reduce feelings of anxiety and stress.
  - Social meeting place.

- Greenleaf et. al, 2013 found that it is also helpful to access nature through technology (phone, tablet, laptop):
  - Ringtones
  - Calming sounds
  - Background noise
  - E-mail or browser themes

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Natural Therapy

- **Light Therapy** (Sloane et al., 2008)
  - Helps with depression, sleep disorders, and Seasonal Affective Disorder (SAD).
  - In the morning / early evening spend some time in the sunlight.

- **Horticultural Therapy** (Greenleaf et al., 2013)
  - Grow your own or join a community vegetable garden.
    - Urban and Parkside Gardens at USC
  - Start a small plant or flower section in your home, dorm, or workspace.
Summary: Ways to Connect with Nature

- Meditate on grass or on the beach.
- Walk around campus and focus on the noise of birds or trees gusting in the wind.
- Reflect on your day while being in nature.
- Use apps. (i.e. Calm, Nature videos on YouTube) to give background noise.
- Step outside when taking a break from studying.

Photo cited from: Google Images
References


Images:
- [https://www.youtube.com/watch?v=f77SKdyn-1Y](https://www.youtube.com/watch?v=f77SKdyn-1Y)
- [https://www.youtube.com/watch?v=Nd7e4SNjGBM](https://www.youtube.com/watch?v=Nd7e4SNjGBM)
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