

# THE SCIENCE OF NATURE THERAPY

How Nature Spirit Walks can improve health and happiness



## BENEFITS FOR MIND, BODY, AND SPIRIT

Research suggests that spending even a small amount of time (as little as five minutes) in nature can:



Increase happiness & self-esteem



Reduce levels of stress, anger, and depression



Improve immune system activity



Lower blood pressure & blood sugar



Enhance performance on cognitive tests



Foster sense of community and generosity

## WHY IT WORKS

Reasons proposed for why nature is so effective in improving health and happiness include:



- 1 Biophilia**  
People inherently love and enjoy nature
- 2 Attention Restoration Theory**  
Nature provides much-needed reprieve from the constant stimulation of modern life
- 3 Psycho-Evolution**  
Humans evolved in nature and experience less cognitive stress there
- 4 Environmental Self-Regulation**  
Nature teaches us how to cope more effectively
- 5 Relaxation Response**  
Nature's cyclic calm provides an ideal meditation environment
- 6 Maslow's Hierarchy of Needs**  
Spiritual experiences in nature fulfill the human need for self-actualization
- 7 Aromatic Compounds**  
Trees release phytoncides that induce positive physiological responses

Nature Spirit Walks can be completed in half an hour (or less) at minimal cost and physical exertion, while still providing an uplifting experiential and spiritual interaction with nature. A semi-structured and guided yet flexible experience, Nature Spirit Walks help participants enjoy nature in safe, meaningful, and cost-effective way. Learn more or become a Guide at [NatureSpiritWalks.com](http://NatureSpiritWalks.com).