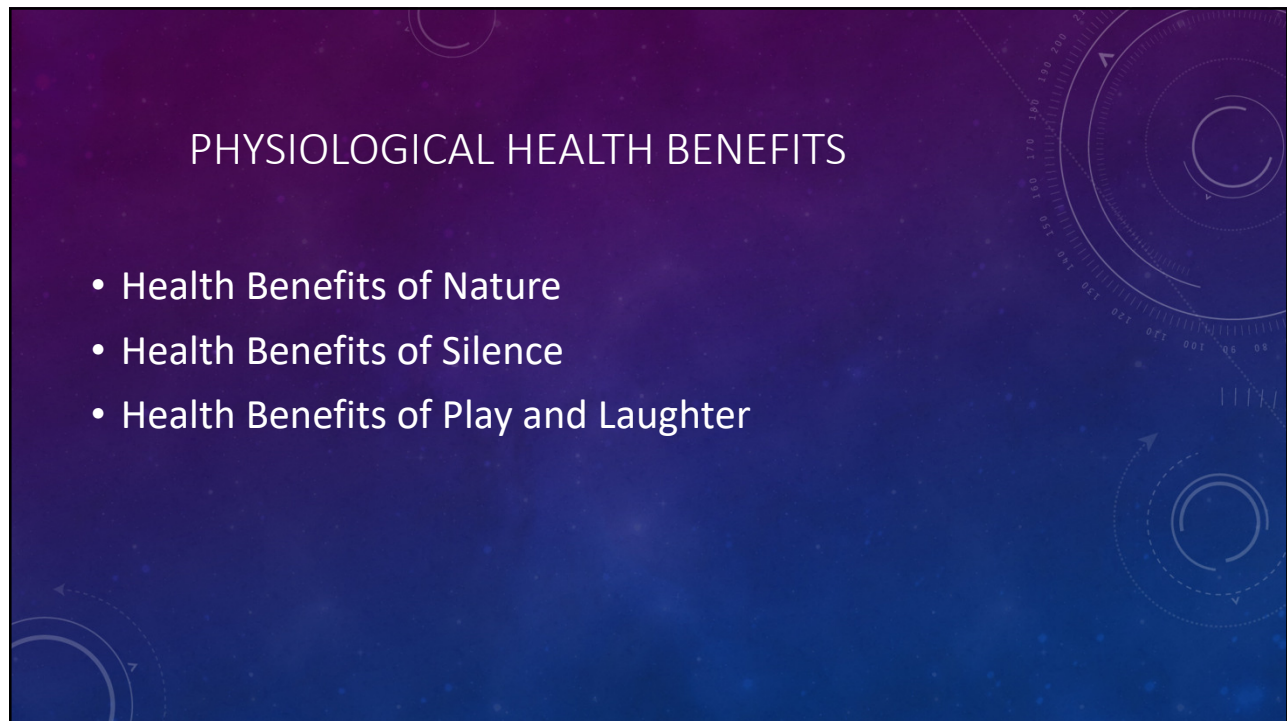




1



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# HOW NATURE IS GOOD FOR OUR HAPPINESS

## Health Benefits of Nature

Exposure to Nature can reduce hypertension  
 Improve cardiovascular and respiratory tract systems  
 Improve vitality and mood  
 Decrease anxiety  
 Restores vitality, mood and attention capacity

Dr. Richardson, "30 days Wild"

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## NATURE & HAPPINESS

Being connected to nature  
 & feeling happy are,  
 in fact,  
 connected

Revised: Dec 14, 2023

Capaldi 2014

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## THE SMALL “MIRACLES” OF NATURE



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## HEALTH BENEFITS OF NATURE FOR CHILDREN

- Children exposed to the Natural World show increases in:
- self esteem
- courage to take risks
- creativity
- time to Play, Exercise and Discover

Dr. Richardson

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## CHILDREN AND NATURAL PLAY



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## NATURE EXPOSURE FOR OUR HEALTH AND HAPPINESS

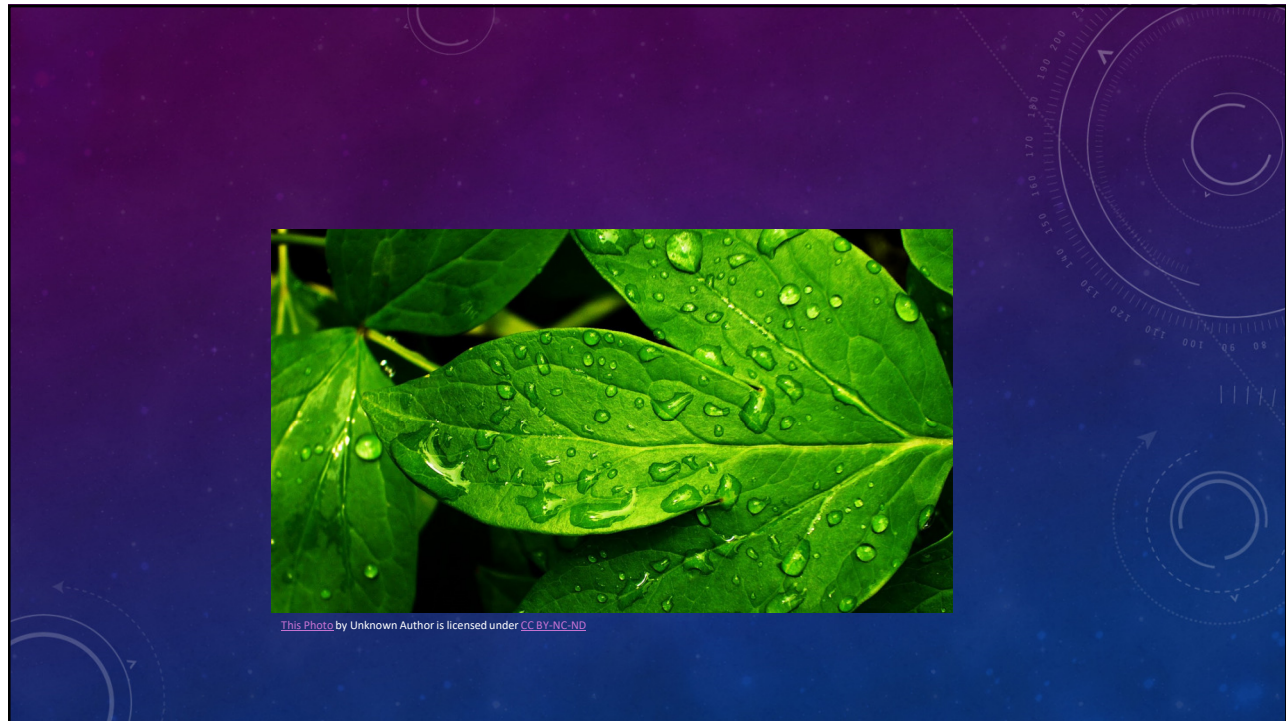
- “Intuitively we knew that **Nature** was good for us humans, But the results were beyond Brilliant.”

Lucy McRobert “The Wildlife Trusts”

Dr. Richardson, Univ. of Derby

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## HEALTH BENEFITS OF NATURE

WEBMD 2020

- \* Exercise exposure in Nature
- \* Vit D- for bones, blood cells, immune system 15 min 2-3x/week
- \* Decreases anxiety: calming views of nature
- \* **Sunlight** helps keep your serotonin levels up, raises energy levels, calms mood, increases focus, “energizes” T cells

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Health benefits of Nature: Exposure to the natural world can improve your evening sleep, especially early sunlight exposure.

**Sunlight** it is thought to increase T cells that help fight infection

\* As little as 5 min of outdoor exercise can help improve self esteem.

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## “ FOREST BATHING”

Not actual “bathing” simply being in nature improves physical and mental health.

“Shinrin Yoku” – Japanese term, spending time in a forest environment

“Last Child in The Woods” Richard Louv

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## 5 HEALTHY BENEFITS OF SILENCE

1. Improves memory- simply walking, running increases brain growth in the hippocampus. 2011 The National Academy of Sciences
2. Stimulates brain growth- at least 2 hours of silence stimulates new cells in the hippocampus-linked to our ability to learn, & our emotions 2013 study Brain Structure & Function
3. Relieves stress- (noise effect –elevated levels stress hormones)

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## 5 HEALTH BENEFITS OF SILENCE

- 4. Fights Insomnia- spending a few minutes a day in silence improves sleep. 2015 study, JAMA Internal Medicine
- 5. Improves coping skills, heightens sensitivity

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## BENEFITS OF RELAXATION

- Slows heartrate
- Lowers BP
- Slows breathing rate
- Improves digestion
- Lowers blood sugar levels
- Increases blood flow to the major muscles

Mayo Clinic. Org healthy-lifestyles 2020

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## PHYSICAL THERAPY & RELAXATION



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## PHYSICAL THERAPY INTERVENTION

Breathing techniques: pursed lip breathing, yoga practice with breathing

Meditation- promotes overall wellbeing: various forms

Biofeedback: Physical therapy: breathing tech, and education with focus on muscle relaxation, use of imagery, colors, nature sounds

Simple tech through auditory sounds: through tension/relaxation of muscles, kinesiotaping techniques to inhibit or fascilitate certain muscles.

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## 5 BENEFITS OF PLAY & LAUGHTER

- 1. Blood flow- decreases BP, increase in flow to the heart
  - University of Maryland: laughter linked to healthy function of blood vessels, 2013
- 2. Immune response- decrease in stress, improves immune system
- 3. Blood sugar levels- positive effect
- 4. Increases energy and motivation
- 5. Brings on a sense of relaxation- may improve sleep

The Effect of Mirthful Laughter on the Human Cardio System.

Miller, M. and Fry, W. F. (2009)

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## PLAY IN NATURE



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## HEALTH BENEFITS OF NATURE, LAUGHTER & PLAY



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## MOVEMENT IS MEDICINE



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## LAUGHTER IS MEDICINE

■  
Moments of Happiness are Healthy For All Humans



Updated: 8/2020

Lisa J. Martin

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## LAUGHTER IS THE BEST MEDICINE

Laughter is great for the heart

Laughter is a natural form of pain relief

Laughter is a great mood regulator- release of “feel good” neurotransmitters: endorphins, dopamine, serotonin

Laughter reduces stress

Laughter supports social bonds between humans

Verywellmind.com

WebMD

The Importance of Play

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WHEN YOU LAUGH, YOUR MIND, BODY & SPIRIT CHANGE  
\* MARK TWAIN



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# SILENCE IS GOLDEN

## The Human Body is Nourished Through Moments of Silence

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# THANK YOU

GRACIAS DANKE SCHON MERCI BEAUCOUP



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