

- Spending Time In Nature

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As the first official month of summer, many individuals, especially students out for summer break, begin to find free time in June. This free time should be taken advantage of and spent outdoors. A natural setting can not only bring the feeling of peace, but it also has many health benefits.

Exposure to nature can boost immune systems. While individuals who spends time in green spaces breathes in the fresh air, they also breathe in phytoncides, an airborne chemical that plants give off to protect themselves from insects. With antibacterial properties that help plants fight disease, phytoncides also benefit humans because the bodies respond by increasing the number and activity of white blood cells.

Spending time around trees can reduce stress, lower blood pressure, and improves mood. Simply looking at trees can help reduce blood pressure and the stress-related hormones cortisol and adrenaline. Although many people do not live near forests, activities in urban gardens or parks can still result in decreased scores of anxiety, depression, anger, and fatigue. Time in nature can also help people focus. While many focus on a single activity for a long period of time, often resulting in a drained feeling, looking at aspects of nature gives the cognitive portion of the brain a break. This allows for better focus and renewed ability to be patient.

Nature is always something many people enjoy. But with the active effort to spend more time in forests or green spaces, the benefits can be more than just enjoyment. By increasing immune systems, reducing stress, and providing a renewed feeling, nature is only beneficial to people.