Increasingly, Nurse Practitioners are incorporating nature therapy into patient care plans. Research shows these plans produce positive results, with patients benefiting from exposure to sunlight, open space, and organic environments.¹

**GROUNDING OF GREEN SPACE**

Restores attention: Spending time outdoors can improve children's behavior, self-control, and academic performance.²

Lowers stress: A study by the Proceedings of the National Academy of Sciences found that people who strolled through nature for 30 minutes a day reported a decrease in negative thinking.³

Encourages fitness: Data shows that children who play outside for about 37 minutes per day have a reduced risk for obesity, while playing outside for 60 minutes per day results in improvements in body mass index.⁴,⁵

Refines cognition: Environmental and behavioral research concluded that kids with access to the outdoors are more likely to demonstrate enhanced memory, judgment, and reasoning.⁶

**RESTORATION IN SUNLIGHT**

Greater vitamin absorption: Exposure to ultraviolet B light improves synthesis of vitamin D, an important element in avoiding rickets and increasing bone development.⁷

Reduced healing time: Researchers from the University of Pittsburgh learned that spinal surgery patients experienced less pain and stress if they were exposed to natural light.⁸ Reports from China have documented reduced inflammation in recovering patients as well.⁹

Improved sleep: Sunlight naturalizes circadian rhythms, making it easier to stay alert all day.¹⁰ Men and seniors in particular sleep better when they have access to nature, as physical activity induces end-of-day fatigue.¹¹

Protected vision: Studies show spending time outside guards children and adolescents against nearsightedness, including Computer Vision Syndrome.¹²,¹³

**THERAPY OF TREES**

Reduction of chronic diseases: When compared to urban areas, forested environments lower cortisol concentrations, pulse rates, and blood pressure, and they are beneficial to nerve activity.¹⁴,¹⁵

Boost to the immune system: Scientists have observed cellular activity associated with nature's possible anti-cancer effects is also indicative of a general increased immune response for minor ailments like colds, flus, and other infections, specifically when in forest and forest-like surroundings.¹⁶,¹⁷

Cultural kinship: The Japanese tradition of Shinrin-yoku, or “forest bathing,” has demonstrated organic environs better physical and mental health.¹⁸,¹⁹ While the Norwegians have the mindset of friluftsliv, Germany claims a connectedness to nature that only Waldeinsamkeit can bring when in solitude.²⁰,²¹