YOUR YARD CONTRIBUTES TO YOUR HEALTH & WELL-BEING

Yards provide a safe place for families to gather and for children and pets to play. But did you know these living landscapes, including the everyday lawn, also provide a host of health and well-being benefits?

DID YOU KNOW?
Research says children’s stress levels fall within minutes of seeing green spaces.

Research found that people moving to greener areas experienced an immediate improvement in mental health that was sustained for at least 3 years.

Spending time in gardens can improve memory performance and attention span by 20%.

Nature makes you nicer, enhancing social interactions, value for community, and close relationships.

Researchers found that walking or running in green spaces, lowered anger, fatigue and feelings of depression, while increasing attention levels.

LIVING LANDSCAPES MAKE KIDS SMARTER

Researchers found that school children with more exposure to the outdoors performed better on cognitive testing.

LIVING LANDSCAPES HELP YOU HEAL

Hospital patients exposed to window views of nature healed on average a full day faster.

People who gardened for at least 30 minutes a week had lower body mass indexes (BMIs) as well as higher levels of self-esteem and better moods, as well as lower levels of tension and stress.

Trees, shrubs, grass and flowering plants are integral to human health. They contribute to our mental and physical well-being.

Children gain attention and working memory benefits when they are exposed to greenery.

Adults also benefit

Workers perform better and with greater accuracy when under the calming influence of nature.

Mycobacterium vaccae in soil mirrors the effect on neurons that drugs like Prozac provide. The bacterium stimulates serotonin production, which makes you relaxed and happier.

A systematic research review concluded “the balance of evidence indicates conclusively that knowing and experiencing nature makes us generally happier, healthier people.”

Soil is the new Prozac?

Mycobacterium vaccae in soil mirrors the effect on neurons that drugs like Prozac provide. The bacterium stimulates serotonin production, which makes you relaxed and happier.

Sources:
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5. Can nature make us more caring? Effects of immersion in nature on intrinsic aspirations and generosity.
6. A systematic review of evidence for the added benefits to health of exposure to natural environments, BMC Public Health, August 4, 2010
12. Sage Researchers Find Bacterium Enhances Learning, The Sage Colleges, June 1, 2010

For more tips on maintaining a living landscape, even in drought conditions, go to: LivingLandscapesMatter.com