

The Healing Power of Nature



were found in people who reported feeling a “good deal of awe and wonder and an awareness of the natural beauty around them.” Patients recovered faster from heart surgery when they had a view of nature out of a window, one early study showed. But, until now, the

When was the last time you had a “forest bath”? In Japan, there are official Forest Therapy trails designated for *shinrin-yoku*, or forest bathing, to improve health.

Living near green spaces, watching documentaries like *Planet Earth*, being in nature and viewing it have been shown to support positive emotions, like a greater sense of awe, reverence, wonder and gratitude. Reduced ADHD symptoms, greater calm, stronger sense of connection to neighbors, more civility, less violence and less crime were all benefits reported in a study of poorer Chicago neighborhoods near green spaces.

Being in a natural setting reduces stress, which could explain why its so healing. Lower levels of a biomarker (IL-6) that could lead to decreased likelihood of cardiovascular disease, depression and autoimmune disease

amount of time in nature to see benefits was unknown. A new large-scale study of 20,000 people in England found that those who spent a minimum of 2 hours weekly in nature were significantly more likely to report good health and higher psychological well-being compared to those that didn't. These benefits were relevant despite age, gender, occupation, ethnicity, in rich and poor areas and even among people with long term illnesses or disabilities.

These findings about spending time in nature to promote basic health and wellbeing can be valuable to individuals, health practitioners and even city planners, considering the majority of the nature visits took place within two miles of home.

Source: <https://greatergood.berkeley.edu>

Happening Now

Be part of one of the biggest races in Tulsa, the Tulsa Federal Credit Union Tulsa Run, on Saturday October 26. Choose from distances of 5k, 15k or both.

<https://runsignup.com>

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- Lake Murray (Ardmore)
- Alabaster Caverns (Freedom)
- Greenleaf (Braggs)
- Little Sahara (Waynoka)
- Beaver's Bend (Broken Bow)
- Roman Nose (Watonga)
- Tenkiller (Vian)
- Great Salt Plains (Jet)
- Black Mesa SP & Nature Preserve (Kenton)
- Robber's Cave (Wilburton)

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