

Being in the natural environment can provide wellbeing benefits

Evidence from across the world shows that being in nature can make us feel better and be healthier.

80% of the happiest people have a strong connection to nature!

Children and young people who experience stressful events in their lives are less stressed if they have opportunities to spend time in nature.

Trees and green spaces improve air quality as trees naturally absorb air pollution.

83% more individuals engage in social activity in green spaces as opposed to sparsely vegetated or concreted ones.

Grounding – evidence suggests that simply being barefoot outside may help to alleviate stress and aid restful sleep.

Developing natural resources such as school grounds can nurture children and young people by providing opportunities to be responsible, build confidence, practice relationship skills and feel proud.

Exposure to nature supports the regulation of mood and helps to improve emotional resilience.

Being in the outdoors can help to reduce the symptoms of ADHD.

Being outdoors in daylight supports the production of Vitamin D, which prevents childhood diseases and minimises childhood short-sightedness.

<p>Get in touch: For information on this and the wider benefits of connection to nature: www.naturalresourceswales.gov.uk</p>	<p>Evidence used to compile this graphic has been taken from NRW, Welsh Government, NHS, National Trust, BBC, NCBI, Forestry Commission Scotland, Sullivan, Kuo and DePooter.</p>	<p>Natural Resources Wales' purpose is to pursue sustainable management of natural resources in all of its work. This means looking after air, land, water, wildlife, plants and soil to improve Wales' wellbeing, and provide a better future for everyone.</p>	<p>Alternative format statement: Large print or another language, please contact: enquiries@naturalresourceswales.gov.uk 0300 065 3000</p>
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