



Biophilia

The Positive Effects of Nature

- Flowers and plants in a workplace increase cognitive functioning and can create a 15% rise in innovative ideas and more creative, flexible problem-solving (*Ulrich, 2009*)
- Connection with nature has a significant positive effect on autonomy, personal growth, and purpose in life (*Nisbet, Zelenski, & Murphy, 2011*)
- When people relate to nature they experience greater feelings of vitality, regardless of levels of exercise and social activity (*Ryan et al., 2010*)
- People who spend 15 minutes each day in nature developed a more positive outlook than those in urban conditions (*Mayer et al., 2009*)
- Workers exposed to sunlight and natural elements in the workplace report better moods, higher satisfaction with their work, and more commitment to their employer (*An M, Colarelli SM, O'Brien K, Boyajian ME, 2016*)
- Using nature analogies and embedding experiences in a larger natural context helps people to find meaning when experiencing change (*Berger & McLeod, 2006*)
- People who affiliate with nature derive a greater sense of meaningful existence which in turn boosts well-being (*Howell, Passmore, & Buro, 2012*)
- When immersed in a natural environment, people report feeling more connected to others and to the world around them (*Terhaar, 2009*)
- Walking in nature improves memory by up to 20% (*Berman et al. 2008*)
- People are more considerate and generous when exposed to nature (*Ryan, Weinstein, 2009*)
- Being immersed in nature and disconnected from multi-media and technology increases creative problem-solving ability by 50% (*Atchley et al, 2012*)
- Exposure to nature leads to improved cognitive functioning and mental well-being (*Kaplan, 1993, 2001*)
- Spending time in woodlands boosts the immune system and increases resistance to cancer cells (*Qing Li, 2009*)
- Being in a forest reduces pulse rate, blood pressure, and cortisol levels (*Chiba University*)