



## **Nature Can Make You Kinder, Happier, and More Creative**

*Don't let ticks scare  
you away!*

Scientists are beginning to find evidence that being in nature has a profound impact on our brains and our behavior, helping us to reduce anxiety, brooding, and stress, and increase our attention capacity, creativity, and our ability to connect with other people.

Keith Walters  
Photography

We are spending more time indoors and online. But recent studies suggest that nature can help our brains and bodies to stay healthy.

Findings on how nature improves our brains brings added legitimacy to the call for preserving natural spaces—both urban and wild—and for spending more time in nature in order to lead healthier, happier, and more creative lives.

[https://greatergood.berkeley.edu/article/item/how\\_nature\\_makes\\_you\\_kinder\\_happier\\_more\\_creative](https://greatergood.berkeley.edu/article/item/how_nature_makes_you_kinder_happier_more_creative)