



Healthy Trees, Healthy Lives

HealthyTreesHealthyLives.org

Trees Care for our Collective Mental Health!

Exposure to forests decreases mental fatigue by relaxing and restoring your mind as well as providing a sense of security.



THE UNIQUE BENEFITS OF TREES

Think about taking a stroll down a tree-lined city street on a summer day. You may not realize it but during this moment, those trees are providing some unique benefits that give you a greater peace of mind. Trees let your eyes take a break from the ridged, geometric urban scenes and rest on the leafy, irregular shapes of the leaves. This sensory input combined with the sound of the rustling leaves and fresh aromas provide you distraction and relief from whatever it is you may have been stressing over.

“Scenes and objects such as we are apt to call simple and natural... touch us so quietly that we are hardly conscious of them.”

- Frederick Law Olmsted

REDUCE STRESS & IMPROVE YOUR MOOD

Using the Profile of Mood States test, researchers found that forest bathing trips significantly decreased the scores for anxiety, depression, anger, confusion and fatigue.

ABILITY TO FOCUS & CONTROL IMPULSES

Taking a 20 minute walk in a natural setting with views of trees sufficiently elevates attention performance relative to the same amount of time in other settings.

HOSPITAL RECOVERY RATES

Patients with "green" views had shorter postoperative stays, took fewer painkillers, and had slightly fewer postsurgical complications compared to those who had no view or a view of a cement wall.