

Practice Self-Care by Noticing Nearby Nature Poster Reference List

Compiled by Shelagh Smith, HTR, MAEEC
March 2020

To download and print poster, go to
www.ThriveWithNature.com
(no sign-in required)



Nature exposure can improve mood

Brief contact with natural environments is associated with a moderate increase in positive affect

McMahan, E. A., & Estes, D. (2015). The effect of contact with natural environments on positive and negative affect: A meta-analysis. *The Journal of Positive Psychology, 10*(6), 507-519.
https://digitalcommons.wou.edu/cgi/viewcontent.cgi?referer=https://scholar.google.ca/&https://redir=1&article=1031&context=fac_pubs

Nature connection improves vitality

People who are more connected to nature tend to experience more vitality

Capaldi, C. A., Dopko, R. L., & Zelenski, J. M. (2014). The relationship between nature connectedness and happiness: a meta-analysis. *Frontiers in psychology, 5*, 976.
<https://www.frontiersin.org/articles/10.3389/fpsyg.2014.00976/full>

Pause to enjoy a window view

Green micro-breaks of 40 to 90 seconds can reduce tension and anxiety, restore your ability to pay attention, and improve mood and work performance

Lee, K., Sargent, L. D., Williams, K., Williams, N., & Johnson, K. (2017). Green micro-breaks: Viewing workplace nature improves mood and performance. In *Academy of Management Proceedings* (Vol. 2017, No. 1, p. 11996). Briarcliff Manor, NY 10510: Academy of Management.
<https://journals.aom.org/doi/pdf/10.5465/AMBPP.2017.247>

A 40 second micro-break looking at a digital photo can increase your concentration and decrease errors of omission

Lee, K. E., Williams, K. J., Sargent, L. D., Williams, N. S., & Johnson, K. A. (2015). 40-second green roof views sustain attention: The role of micro-breaks in attention restoration. *Journal of Environmental Psychology, 42*, 182-189.
<https://www.tl.org.uk/wp-content/uploads/2019/02/40-second-green-roof-views-sustain-attention.pdf>

Rest your eyes on a plant or flower

Intentionally gazing at a small plant for 3 minutes can reduce stress and anxiety for office workers

Toyoda, M., Yokota, Y., Barnes, M., & Kaneko, M. (2020). Potential of a Small Indoor Plant on the Desk for Reducing Office Workers' Stress. *HortTechnology*, 30(1), 55-63.

<https://journals.ashs.org/horttech/view/journals/horttech/30/1/article-p55.xml>

Cut flowers can boost innovative thinking and creative problem-solving, and improve mood

<https://aboutflowers.com/quick-links/health-benefits-research/>

<https://gpnmag.com/news/texas-am-study-shows-flowers-increase-workplace-creativity/>

Take a break in a garden or park

20 to 30 minutes provides the most restoration from stress

Hunter, M. R., Gillespie, B. W., & Chen, S. Y. P. (2019). Urban nature experiences reduce stress in the context of daily life based on salivary biomarkers. *Frontiers in psychology*, 10, 722.

https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00722/full?utm_source=fwebandutm_medium=nblogandutm_campaign=ba-sci-fpsyg-nature-pill

A daily 20-minute break in a hospital garden can reduce nurse stress and burnout, compared to indoor break rooms

Cordoza, M., Ulrich, R. S., Manulik, B. J., Gardiner, S. K., Fitzpatrick, P. S., Hazen, T. M., ... & Perkins, R. S. (2018). Impact of nurses taking daily work breaks in a hospital garden on burnout. *American Journal of Critical Care*, 27(6), 508-512.

https://www.flashalertnewswire.net/images/news/2018-11/419/119611/Nurse_Garden_AJCC%282%29_%281%29.pdf

Spending time outdoors reduces stress and improves health

Kondo, M. C., Jacoby, S. F., & South, E. C. (2018). Does spending time outdoors reduce stress? A review of real-time stress response to outdoor environments. *Health & place*, 51, 136-150.

https://www.fs.fed.us/nrs/pubs/jrnl/2018/nrs_2018_kondo_004.pdf

