

# Enhancing Productivity & Well-being

Adults who spend time outdoors interacting with nature ...

Show improved sleep patterns and less agitation especially among the elderly with dementia.

Improve the “thinking” part the brain such as the ability to focus, problem solve, plan, memorize, and exercise creativity.

Show significant stress reduction which reduces blood pressure and heart rate.

Show promise as a way of managing post-traumatic stress disorder (PTSD).



Boost their immunity levels.

