

**Wildlife Watching:**

Animals are busy in autumn preparing for winter, migrating, and gathering food.

**Cooler Activities:**

Mild weather encourages walking, hiking, and outdoor exercise without the extreme heat and cold.

.

**Peace and Tranquility:**

Snow cover creates a serene environment and reduces stress,.

**Physical Health:**

Winter sports like sledding, skating, or walking, support physical activity year-round.

**Mental Health Support:**

Access to nature reduces seasonal depression (SAD) by encouraging outdoor time and exposure to sunlight.

**Wildlife Support:**

Trees and plants provide food and shelter for animals.

**Mental Health Boost:**

The arrival of spring improves mood and reduces stress.

**Exercise and Activity:** Warmer temperatures encourage outdoor activities like walking and running.

**Air Quality Improvement:** Trees and plants absorb pollutants, thereby producing fresh oxygen.

Gregory, S. (2024, March 4). The mental health benefits of nature: Spending time outdoors to refresh your mind. Mayo Clinic Press. [https://mcpress.mayoclinic.org/mental-health/the- mentalhealthbenefitsof-nature-spending-time-outdoors-to-refresh-your-mind/](https://mcpress.mayoclinic.org/mental-health/the-%20mentalhealthbenefitsof-nature-spending-time-outdoors-to-refresh-your-mind/); Marselle, M. R., Bowler, D. E., Watzema, J., Eichenberg, D., Kirsten, T., & Bonn, A. (2020). Urban street tree biodiversity and antidepressant prescriptions. Scientific Reports, 10(1). <https://doi.org/10.1038/s41598-020-79924-5>; Nowak, D. J., Hirabayashi, S., Bodine, A. R., & Greenfield, E. J. (2014). Tree and forest effects on air quality and human health in the United States. Environmental Pollution, 193, 119–129. <https://doi.org/10.1016/j.envpol.2014.05.028>; Wolf, K. L., & Robbins, A. (2015). Metro Nature, environmental health, and economic value. Environmental Health Perspectives, 123(5), 390–398. ttps://doi.org/10.1289/ehp.1408216.

**Cooling Effects:**

Green spaces provide shade and reduce the urban heat island effect, lowering temperatures in cities.

**Outdoor Recreation:**

Parks offer a space for sports and leisure, promoting physical fitness and social interaction.

**Mental Restoration:**

Being in nature helps people relax and recover from mental fatigue.

**Water Management:**

Grass and vegetation absorb rainwater and help prevent flooding.

**Benefits of Green Space through the Seasons**