

Boost their immunity levels. levels.

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

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

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

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

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**Enhancing Productivity & Well-being**

**Adults who spend time outdoors interacting with nature …**