

# Benefits of Green Space through the Seasons

## WINTER

### 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.



## SPRING

### 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.



## SUMMER

### Cooling Effects:

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

### Outdoor Recreation:

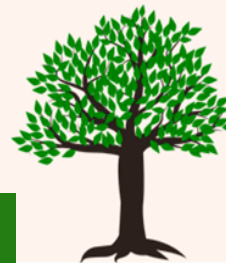
Parks offer a space for sports and leisure, promoting physical fitness and social interaction.

### Mental Restoration:

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

### Water Management:

Grass and vegetation absorb rainwater and help prevent flooding.



## FALL

### 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.



spreading  
roots