A person standing on grass near a body of water

Description automatically generated

Mental Health Benefits Fact Sheet

* **People who live near green spaces are less depressed and have better “thinking” abilities**
* **Nature helps people recover from stress.**
* **Trees, Green Spaces and Nature supports abilities to problem-solve, remember things, plan and be creative.**
* **Plants in the works space help employees have better memories and focus.**
* **Children with access to nature are more disciplined, less angry and more cooperative with peers.**
* **Gardens help elderly patient’s mobility and mental well-being.**