



GREGORY BRATMAN

Nature Contact and Mental Health: Causal Mechanisms and Implications for Planning

The body of scientific evidence demonstrating the ways in which nature contact impacts human health is expanding rapidly. This seminar will review findings about the ways in which nature experience replenishes attention, improves concentration, cognitive function and mood, and decreases stress and anxiety, among other outcomes. It will also focus on potential causal mechanisms underlying these effects, and propose a framework with which these benefits may begin to be more explicitly considered in urban planning and decision-making that centers on addressing health inequities.

Spring 2021 PSLA

LECTURE

SERIES

May 3, 2021

**SEMINAR takes place
live via**

[UMD Zoom](#)

Time:

12PM

**Thank you to the
Department of
Kinesiology for
co-sponsoring this
event.**

Gregory Bratman's work takes place at the nexus of psychology, public health, and ecology, and is focused on examining the pathways through which nature experience benefits mental health, developing the field of psychological ecosystem services, and informing policy and planning decisions in ways that address health inequities. Dr. Bratman takes both empirical and theoretical approaches to understand the causal mechanisms that underlie the association of nature contact with cognitive function, mood, and emotion regulation, with an emphasis on people living in urban environments.



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