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.