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Final Findings  
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After collecting diary entries for a little over half a month the data yielded the theory that going out and being in nature is beneficial to an actor's overall mental state and happiness. After coding and reviewing the final journal entries we could find a clear connection between codes that were positive and happy pairing with codes referring to being outside or in nature. If we review the journal metadata, we can see a direct correlation between days when the actor was outside and the overall feeling toward the day on a scale from one to five where one is the saddest level and five is the happiest level. This can be seen in Figure 1.

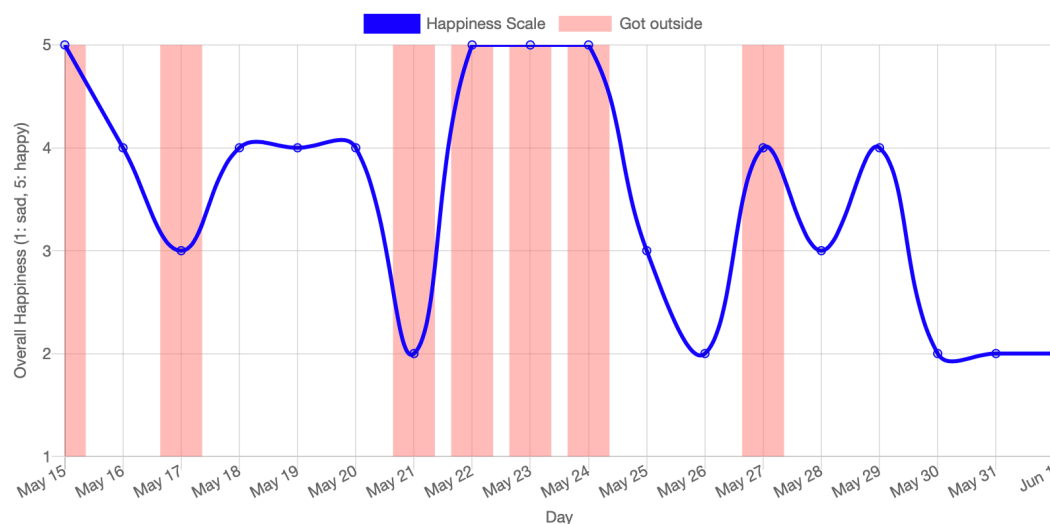


Figure 1: Happiness to Outside Chart

This chart shows a clear connection between days when outside, in red, with the happiness scale, in blue, approaching the happiest levels. One day shows an outlier to the pattern but after reviewing that day's coded data an outside event related to work caused what was a nice day after an early outing turning into a bad day because of mass layoffs.

After reviewing similar studies related to the benefits of going outside it is clear there is already a correlation between mental well-being and getting outside (Harvard Health Publishing, 2018). The data indicates that most actors are happier when they can get outside. This is even more true when in a situation that causes you to be unable to go out safely. The feeling of being trapped inside can become a depressing factor and this is even more true in a large city where most live inside smaller apartments and cannot go outside without encountering others. During a health crisis being outside starts to become a social taboo and by going out you may be seen as having disrespect for other people's health or a lack of concern over the current conditions (Fisher, Sellers, & Wilson, 2020) this can cause it to be even more stressful to go out because you can risk others and also cause risk to yourself.

In order to remedy this the cities can implement safer ways for people to go outside. This can include providing more open spaces for the public by closing streets to pedestrian only

allowing full use of the street and not just limiting people to the sidewalks. This was done several months into the COVID-19 pandemic by the City of New York (Open Streets, 2020). The findings from the journey exploration show the critical importance of being able to go outside safely and the mental well-being. Using this data we can work to ensure that cities have contingency plans in place to not only deal with the next pandemic but ensure that mental well-being is taken care of by providing more “Open Streets” or public places for people to safely get to without fear of hurting others or themselves.

In the end this data showed the critical part that being able to get outside has on an actor’s well-being. Getting outside can connect us with nature and provide multiple benefits from getting fresh air, exercise and provide an outing for our exploratory natures. While this may not be as much of an issue in more rural settings in a larger city with a denser population it is much tougher to safely get out and stay away from others. Because of the population issue in larger cities; future planners should ensure that safe public places accessible to all residents are available and can be activated quickly to ensure that throughout the next pandemic people are able to get out and stay in a happier mood that can help their overall well-being.

## References

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