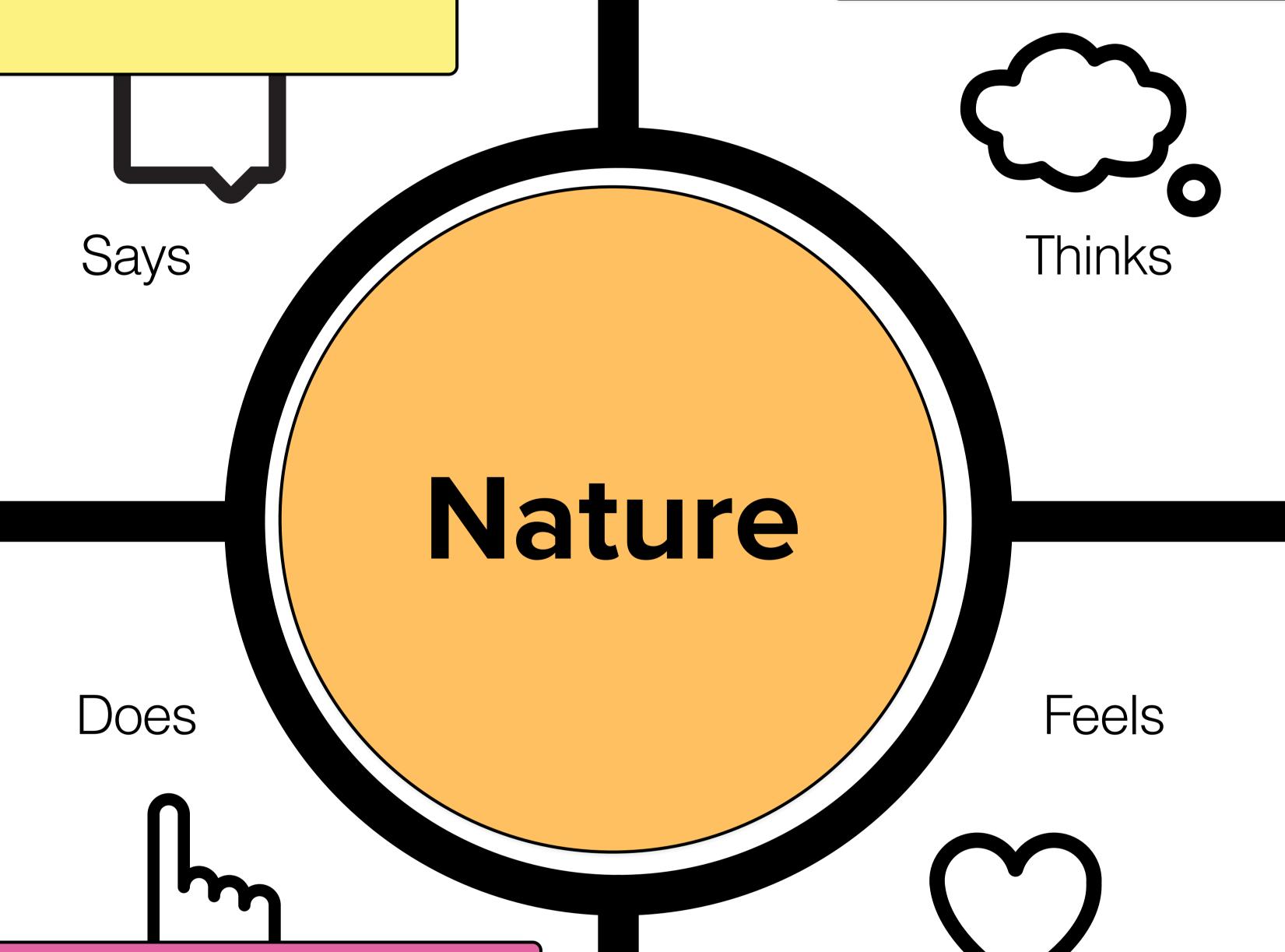
Nature is essential to every aspect of human life and wellbeing — we want to make sure it's included in the conversation.

People are taking more from nature than it has to give, and as a result, we're putting our own lives on the line. Nature's message to humanity is simple:

Nature doesn't need people

Nature provides essential resources such as air, water, food, and raw materials. These resources are not only crucial for our survival, but they also form the basis of our economic systems. However, our reliance on nature has led to significant environmental impacts. Deforestation, pollution, and climate change are direct consequences of human activities, threatening biodiversity and the stability of ecosystems.



The five major impacts humans have on the environment include deforestation, global warming, overharvesting, pollution, and agriculture.

These have contributed to vast species extinctions, incremental and continuous rises in the sea level, and record setting hot temperatures in the earth's greenhouse atmosphere.

Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.