Kelsey Berta

Home Gardening

Short Report

11/8/2021

The author wrote this article because they wanted their audience to identify the importance of being in nature. The article explains ways to be in nature. The article also includes how nature benefits us, such as not dwelling over negative aspects of life, making someone more relaxed and allowing potential for analytical powers of our brains to activate. Nature helps individuals think more clearly and have a better perspective. After reading this article I learned different ways I can be in nature. I could simply watch the sunrise or have a picnic. I can just do my daily activities outside and this will increase my brain power. The author concludes with saying that nature is important for the healing process. Nature helps us navigate through life and needs to be more important. It is overlooked or taken for granted. After reading this I concluded that when I am having a hard time I could go outside and take a deep breath and I can think clearer. Nature has shown to help with mental illness. I can use nature to help me through any difficult time along with Heavenly Father of course. It brings a calmness to my life and make me happy.

Perper, Rochelle. “The Psychological Benefits of Spending Time in Nature.” *Therapy Changes*, 2 July 2019, https://therapychanges.com/blog/2016/04/psychological-benefits-spending-time-nature/.