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**Purpose**

The author, Williams Florence, wrote this article for the *National Geographic*. He was trying to test a researcher, Strayer’s, thesis, “being in nature allows the prefrontal cortex, the brains command center to dial down and rest, like an overused muscle” (Florence). He wrote this for people to understand the importance of nature in our lives and how it benefits people.

**Summary**

The article gives facts about how nature benefits peoples stress hormones and other diseases. People follow nature for how they feel and continue to go back for that feeling. Today as cell phones have become more common less and less people go outside. By being outside for a short time, your mental performance can increase. Florence follows David Strayer as he goes through his research.

**New Information**

There were may facts and statistics that surprised me. By being in nature people’s creative solving skills increase by 50%. I was not expecting it to be such a high percentage. The benefits in prisons as well, people do not even have to be outside. Videos and lighting can make a huge difference. “Officers there report calmer behavior in solitary confinement prisoners who exercise for 40 minutes several days a week in a “blue room” where **nature** videos are playing, compared with those who exercise in a gym without videos” (Florence).

**Conclusions**

Florence’s conclusion was that the hypothesis made by Strayer was correct so far. From my own conclusions, I have found that nature is a good anti-depressant. From my own struggles with anxiety and depression, nature and gardening have been beneficial to my life.

**Applications**

In my future studies I am going to reflect to this article. The reminder to take a break a go outside will help my mental capacity, which will lead to a greater success.

**Reference**

This Is Your Brain On Nature. By: Williams, Florence, National Geographic, 00279358, Jan2016, Vol. 229, Issue 1