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Short Report #2

**Purpose:** The authors wrote the article to tell people about the psychological benefits of blue space. People are familiar with green space and the author wanted to inform people about blue space as well.

**Summary:** The article is about a study done in Britain with blue space to see if there were any benefits with blue space. The study studies people’s frequency to go back to blue space and compared the results with people who visited green space. The author tells how blue space helped with psychological abilities, social interaction, and an increase in physical activity.

**New Information:** I learned about blue space. I did not realize it was a thing. I previously knew of green space, but never considered areas like lakes and ponds to be used in the same way.

**Conclusions:** The author concluded that blue space was more beneficial to older people. It was also concluded that most people had visited a blue space area within the year and people who visited blue space more frequently had better results psychologically and with social interaction. I conclude that blue space should be considered in healing patients like green spaces are. Blue spaces seem to help like green spaces do, but with different benefits as well.

**Applications:** Being in a rural areas or desserts, it is harder to visit blue spaces. Since I am from the east coast, I will try to visit the ocean or the lakes when I am home. I will go frequently and track my results to come up with my own conclusions on blue spaces.

**Reference:**

De Bell, Siân, et al. “The Importance of Nature in Mediating Social and Psychological Benefits Associated with Visits to Freshwater Blue Space.” *Landscape and Urban Planning*, vol. 167, 2017, pp. 118–127., https://doi.org/10.1016/j.landurbplan.2017.06.003.