

“Nature Prescriptions” On the Rise

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It's no secret that long walks through the forest, trips to the beach, and taking strolls through local parks can improve your mood and your mental well being, but now even doctors are acknowledging the benefits and prescribing outdoor activities as part of a regimen for chronic illness.

Earlier this month, National Health Service Shetland, a UK healthcare provider, initiated a program that they are referring to as “nature prescriptions,” which they hope will assist with conditions such as depression, high blood pressure, and anxiety.

"Through the 'Nature Prescriptions' project GPs [doctors] and nurses can explain and promote the many benefits which being outdoors can have on physical and mental well-being," Lauren Peterson, health improvement practitioner for NHS Shetland, said in a statement.

It may seem only mildly beneficial at first glance, but extensive studies have shown that exposure to nature can have impactful and long lasting beneficial effects, including reduction in depression, reduced blood pressure, and even a boost to creative abilities and cognitive function. Dr. Chloe Evans, one of the doctors involved with the pilot program, stated that among the many health benefits, the program is helpful in that “the [further] benefits to patients are that

it is free, easily accessible, allows increased connection with surroundings which hopefully leads to improved physical and mental health for individuals.”

At Venice Green Village, we've long understood the advantageous effects that being surrounded by nature in a serene environment can have on one's self, both body and mind. That is why we are so proud of our lush and expansive courtyard. Stretching over two acres, our courtyard is open so that all of our residents and their families can relax in an open environment, all while remaining safe and secure. We encourage you to stop by and experience the benefits of our very own “nature prescription,” and see for yourself what even 15 minutes in nature may hold for you.

Sources

John, T. (2018, October 05). UK doctors are prescribing nature to patients. Retrieved October 15, 2018, from <https://www.cnn.com/2018/10/05/health/nature-prescriptions-shetland-intl/index.htm>