

Hur naturen påverkar oss människor

Fysiologiska effekter

- **Reducerar stress, förbättrar återhämtning och koncentrationsförmåga** (Björk et al, 2008; Berman, Kaplan & Jonides, 2008; Chorong, Harumi, Miyazaki, 2016; Fuegen & Breitenbecher, 2018; Grahn & Stigsdotter, 2003; Hansen, Jones & Tocchini, 2017; Hartig, 2003; Kaplan, 1995; Kobayashi, 2018; Lee et al, 2012; Morita et al, 2007; Ottosson & Grahn, 2005; Park et al, 2007; Park et al, 2010; Wells & Evans, 2003).
- **Reglerar blodtryck, sänker pulsen, främjar hjärta och blodkärl** (Johansson & Küller, 2005; Kobayashi, 2018; Lee et al, 2012; Lee et al, 2014; Li, 2018; Li et al, 2011a; Sahlin, 2012; Ulrich et al, 1991; Yu et al, 2017).
- **Hjälper hjärnan att varva ner** (Kaplan & Kaplan, 1989; Naturvårdsverket, 2006).
- **Ger bättre sömn** (Mayer et al, 2009; Naturvårdsverket, 2011).
- **Stärker immunförsvaret och underlättar rehabilitering** (Beringer, 2004; Florenz et al, 2007; Hansen, Jones & Tocchini, 2017; Lee et al, 2012; Li et al, 2006; Li et al, 2008; Li et al, 2011b; Li, 2010; Naturvårdsverket, 2011; Sahlin, 2012).
- **Ger smärtlindring** (Diette et al, 2003; Hägerhäll et al, 2015; Kobayashi et al, 2017; Korpela et al, 2017; National Trust, 2019; Norling, 2001a och 2001b; Ulrich, 1984; Ulrich et al, 1991).

Psykologiska effekter

- **Minskar ångest och depression** (Bratman et al, 2015; Bratman et al, 2019; Kelley, 1993; Korpela, Stengård & Jussila, 2016; Li et al, 2013; Marselle, Irvine & Warber, 2014; Morita et al, 2007; Norling, 2001a och 2001b; Townsend, 2006; Yu et al, 2017).
- **Ger balsam för själen** (Ballew & Omoto, 2018; Marselle, Irvine & Warber, 2014; Mayer et al, 2009; Olsson, 2005; Ottosson & Grahn, 2008; Ottosson, Ottosson & Magnusson, 2013; Ottosson, Ottosson & Magnusson, 2020; Sandell, 1996; Uddenberg, 2005; Zelenski & Nisbet, 2014).
- **Ger sinnesfrid och lyckorus** (Fuegen & Breitenbecher, 2018; Marselle, Irvine & Warber, 2014; Miyazaki, 2018; National Trust, 2019; Townsend, 2006; Ulrich, 1993; Zelenski & Nisbet, 2014).

Referenser

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