

BEING OUTDOORS & CONNECTING WITH NATURE

This strategy is suggested in the 11-14 BrainWaves lesson: **Boosting your mood**

About the strategy

Spending time outdoors in parks, woods, or local green spaces is regarded as one of the best ways for the mind and body to recharge. Teenagers face constant pressure from school, social lives, and heavy screen time, which easily leads to stress and mental exhaustion. Getting into nature helps calm the body's physical stress response, lowers stress hormones, and gives the brain a break so it can focus again. Making nature a regular part of life can help teenagers handle mood swings, recover from burnout, and build long-term emotional strength.

The scientific evidence behind the strategy

This research page on the Dose of Nature website provides links to 14 different ways in which spending time outdoors, in green spaces, and in nature can benefit wellbeing:

<https://www.doseofnature.org.uk/studies1>

Further research by the London School of Economics demonstrated the efficacy of the 'Dose of Nature' intervention, and what many of us feel instinctively; that structured time in nature is one of the most powerful, scientifically proven ways to heal and protect our mental health:

- London School of Economics. (2025). [Dose of Nature: Impact Evaluation Report](#).

This systematic review demonstrates the specific impact of natural environments on youth development, concluding that "interactions with nature positively influence mental health, emotional wellbeing, stress recovery, and attention restoration in children and teenagers":

- Tillmann, S. et al. (2018). Mental health benefits of interactions with nature in children and teenagers: a systematic review. *Journal of Epidemiology and Community Health*. 72(10), pp. 958–966

This study concludes that spending a specific amount of time outdoors produces consistent mental health benefits:

- White, M.P. et al. (2019) 'Spending at least 120 minutes a week in nature is associated with good health and wellbeing', *Scientific Reports*. 9(1), p. 7730

Further reading

This page outlines some of the science behind why spending time in nature is so beneficial@

<https://www.doseofnature.org.uk/the-science>

This MIND article discusses the mental health impacts of spending time in green spaces and offers evidence-based tips for connecting with nature in everyday life:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/>

This NIHR Evidence podcast discusses the impact of local green spaces on people's mental health:

<https://evidence.nihr.ac.uk/alert/local-green-spaces-are-linked-with-better-mental-health/>