Sunny

Instructor Name

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Easing Brain Fatigue with a Walk in the Park

***Introduction***

The busy city life has created a number of issues for healthy human life. It has shown a significant impact on the working of the brain; exhaustion of the brain activity has led to brain fatigue. Brain Fatigue signifies forgetfulness, lack of attention and lower levels of mental activity. Researchers in Scotland have found a cure to release the burden off the individual’s brain. They emphasize that brain fatigue can be easily released just by taking a walk in a park. Researchers conclude that overall brain activity heals which results in better and improved cognitive, psychological and physical health in the individuals. It suggests that over-engaging work routine shall be managed to take time out for a walk, or view nature, in order to have a healthy recovery from fatigue and stress.

***Thesis statement***

The essay tends to explore how walking in the park is beneficial for individuals through a comprehensive study of literature and research available. The essay demonstrates an in-depth understanding of the effects on the individual’s emotional and physical health as a result of reduction in stress.

***Effects of walk-in nature on brain and stress relief***

In today’s world with the emergence of urbanization there is a significant decrease in trees and areas with natural habitat. Although people widely believe that nature benefits society, however, it is difficult for them to take benefit from them. Since people spend more and more time occupied with gadgets, online games and television. In addition to this, life has become busy and people rarely have time to indulge in activities that help them live a happier life. Leisure has been limited to indoor and outdoor activities are planned one in a while. Therefore, with most of their activities centered in metro life, it is difficult for them to take time out and revel in nature.

Proximity to nature has surprisingly fruit bearing effects on the human brain. Research shows that it helps the brain break free from the burden of stress; a mechanism that exhausts it. It takes. Scientists hold the belief that staying near nature relieves one of stress and other mediums and Research suggests that the people who walked in areas surrounded by trees had higher heart rate variability, signifying lower levels of stress and higher levels of relaxation, lower levels of heart rate and anxiety. The researchers suggest that nature had a positive impact on the overall health of human beings. Such people are known to be happier moods, exuding positivity. Brain fatigue has been found to be significantly lower in such individuals. The study concluded that nature had more beneficial effects on an individual's stress reduction as compared to other mediums of stress relief such as exercise and therapy. Another laboratory experiment by a university in Texas found that participants who were more prone to activities and mediums like movies that induced stress, when exposed to scenes of nature and videos showing natural scenes, showed drastic recovery from the stress immediately. Moreover, in a study conducted in Japan, the participants were assigned to take walks in urban centers and forests. The study included measuring heart rates, moods and questionnaires regarding them. The results showed that participants who spent more time in nature had happier moods, lesser stress levels and anxiety levels. Scientists found that living near natural habitat had noteworthy effects on the human brain. Walking in nature also effects rumination, reflecting and making amends accordingly aids in exuding optimism and happiness which in return helps in eliminating stress. Scientists believe that nature restores creativity and enhances problem-solving skills in individuals. Nature induces feelings of kindness and generosity throughout as a gesture of instilling positivity in people.

With the advent and increasing levelof urbanizations and metropolitan systems, trees have been a rare sight. However, inorder to maintain a human association with nature, cities no have parks with trees and grass. These green places are preserved to help individuals reduce their stress. They create a restorative effect. Nature improves are a social association with people which is otherwise impossible to get through social media applications. Scientists suggest that walking briskly 30 minutes daily aid in coping with our hectic lifestyles, it not only burns fat and calories but also eliminates excessive sugar in our bodies which lead to severe diseases. The effects are visible in lifting self-esteem, self-improvement and overall bond within the society. With all these benefits of just walking in the park, the struggle remains with only taking time out and getting outside. Therefore it is essential to follow a schedule for a walk and develop a routine for a walk in the midst of a busy life. Walking in the park or nearby green spaces is rewarding for individuals in all ways.

***Conclusion***

Staying in touch with nature and limiting the tech life individuals prone to in today's will release the burden of stress which happens to be one the leading causes of deteriorating human advancement, it limits creativity, decision-making abilities have multiple health implications and lingers as a constant burden on the brain consuming it. The proximity to nature and taking time out for walks helps in healing brain fatigue in astounding ways, this helps in reducing anger, anxiety, fear and stress from daily life. This inculcates positive feeling by making an individual's mood happy and induces pleasant feelings of self-satisfaction. Not only does taking a walk in the park stimulate emotional wellbeing it also has many health benefits such as reducing blood reduces, muscle tension, production of stress hormones and eliminate the threat of heart diseases. People should preserve and protect the habitat in order to maintain and sustain a healthy and happier lifestyle.

# ***Works Cited***

Reynolds, Gretchen. "Easing Brain Fatigue With A Walk In The Park." New York Times 27 March 2013.