

Title:

Connecting Sanity's Nature To Nature's Sanity

Word Count:

548

Summary:

Nature is one of those omnipresent things that, in an ideal world, people would be able to live

Keywords:

mental health, sexual health, depression, stress and anxiety, stress relief

Article Body:

Modern psychology has managed to connect mental health to everything, from driving down a crowd

However, in most cases, psychological effects that might be caused by environment can often be

Despite the situation, there are a few who are attempting to establish greater links between nature

The main focus of the studies linking sanity to nature, however, focuses on whether or not nature

Understandably, this is exceedingly difficult to pull-off. High-risk and high-stress situations

There is, of course, the distinct possibility that besides SAD, nature doesn't directly cause

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