

# Biophilia

Biophilia is the concept that humans have an innate connection to nature and other forms of life. This connection has been studied by scientists, architects, and psychologists, who have found that being around nature can have a range of benefits for our physical and mental health.

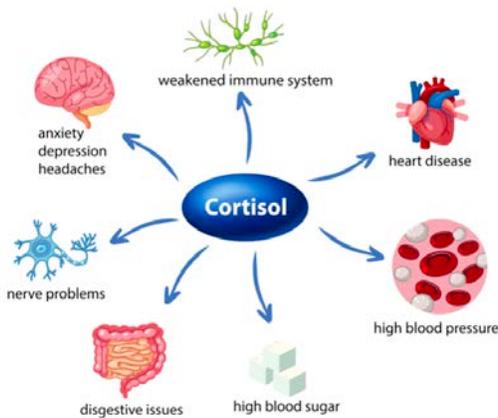
One of the key ways in which nature can improve our health is by helping us relax. When we are stressed or anxious, our bodies release hormones like cortisol, which can have negative effects on our bodies over time. In contrast, being in nature has been shown to reduce levels of cortisol, as well as other stress hormones, and can even lower our heart rate and blood pressure.



*“Biophilia”*

“Love of life and all that is alive.”

1973 - Eric Fromm



One reason why nature may be so effective at reducing stress is that it provides us with a sense of awe and wonder. Being surrounded by beautiful plants, trees, and wildlife can help us to appreciate the beauty of the world around us, which can have a calming effect on our minds and bodies.

Another way in which nature can help us relax is by providing us with visual cues that signal to our brains that we are in a safe and nurturing environment. For example, the sight of trees, plants, and other forms of life can remind us of the natural world and its rhythms, which can help us to feel grounded and at peace.

In addition to the visual cues provided by nature, being in natural environments can also stimulate our senses in other ways. The sound of birds singing, the scent of flowers, and the feel of grass under our feet can all help us to relax and feel more at peace.

While the benefits of nature on relaxation are clear, it is also important to recognize that not everyone has access to natural environments. For those who live in urban areas, it may be more difficult to find green spaces or parks where they can relax and enjoy the benefits of nature.



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However, there are ways that people in urban environments can still reap the benefits of biophilia. For example, bringing plants into the home or office can help to create a more nurturing environment, and even looking at pictures of nature can have a calming effect on the mind.

Overall, the science of biophilia has shown that our connection to nature is an important part of our health and well-being. By providing us with

visual cues and a sense of awe, nature can help us to relax and feel more at peace, which can have a range of positive effects on our physical and mental health.

In addition to being in natural environments, research has also shown that viewing images and videos of nature can have similar relaxation benefits. This is often referred to as "nature therapy" and has been found to be particularly



effective for those who live in urban areas where access to natural environments may be limited.

Nature films and documentaries can provide a sense of awe and wonder similar to being in nature, and can also provide the same visual cues that signal to our brains that we are in a safe and nurturing environment. Watching these films can help to reduce stress and anxiety, and can even improve mood and cognitive function.

Furthermore, nature films can also provide an educational aspect, allowing viewers to learn about different ecosystems and the plants and animals that live there. This can help to deepen our connection to the natural world, and can even inspire people to take steps to protect and conserve the environment.

Overall, nature films can be an effective way to trigger the relaxation and health benefits of biophilia, even for those who do not have easy access to natural environments. By providing visual and sensory stimulation, these films can help to reduce stress and improve overall well-being.

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