

The following is a list of research sourced by [Cliff Thorbes HTR](#), to support the therapeutic benefits of connecting with plants and nature.

- [It's official — spending time outside is good for you](#)
- [It's true: The sound of nature helps us relax](#)
- [Can Simulated Green Exercise Improve Recovery From Acute Mental Stress?](#)
- [Connectedness to Nature: Its Impact on Sustainable Behaviors and Happiness in Children](#)
- [View through a window may influence recovery from surgery](#)
- [The physiological effects of Shinrin-yoku](#)
- [Immerse Yourself in a Forest for Better Health](#)
- [Reflect & Restore – Urban Green Space for Mental Wellness](#)
- [Reduced symptoms of burnout noted in nurses who spent one break a day in a hospital garden](#)
- [What is Kaplan's Attention Restoration Theory \(ART\)?](#)
- [Nature experience reduces rumination and subgenual prefrontal cortex activation](#)
- [Health Benefits of Nature: research studies, news articles, and case studies \(collected by American Society of Landscape Architects\)](#)
- [Nurtured by nature \(American Psychological Association\)](#)