

Influence of the environment

[Literature](#), [Russian Literature](#)



Influence of the Environment Human health and the natural environment are inextricably connected to each other. Moreover, this connection is fundamental to human being and existence (Day et al 2012). There are many different examples based on my own experience of how the natural environment has affected or influenced my health and/or well-being. Actually, it is a continuous process and the experience is ongoing. The quality of fresh air, water, climate and the accessibility of green zones (parks, gardens, and parks) have direct impact on both my health and my psychological wellbeing. I have noticed that the more time I spend on the fresh air, the better I look and the better I feel myself. However, hot temperature also has some negative impact on my well-being as I become exhausted and my concentration level decreases.

In order to restore my physical health I prefer to swim in circulating water reservoir. In order to recover my psychological state I prefer green spaces (gardens, forests, parks) and water (sea, ocean, rivers) as the restorative environments. The greater contact with natural environment I have, the more energy I have, while sometimes it increases my need for a sleep. As for me, the factors of being away from home or school and peace are the two key factors contributing to my restorative environment. Thus, I can relax, concentrate on what I want or on the contrary, forget about everything for some period of time, and restore my psychological state.

References:

Day, A. B., Theurer, J. A., Dykstra, A. D., & Doyle, P. C. (2012). Nature and the natural environment as health facilitators: the need to reconceptualize the ICF environmental factors. *Disability & Rehabilitation*, 34(26), 2281-2290.