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The Natural Link

Unplugging to Refresh

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A large majority of the population lives in cities and works in closed spaces, spending long hours in front of screens.

Lockdown and the spread of telecommuting only confirmed it: we are, more than ever, experiencing a "nature shortage." A large majority of the population lives in cities and works in closed spaces, spending long hours in front of screens. Yet, even when we are not "in" nature, our basic needs such as our desire for greenery and blue sky remind us that we "are" nature! The latest research proves this, showing that our brains never work better than when we're out in the green.
