

SEMINARIO / SEMINAR

Titolo / Title:

Benefits of nature for mood and cognition



Quando / When:

4 Maggio 2022, ore 14:00 / 4th May 2022 at 14:00 CET

Dove / Where:

Online (Microsoft Teams)

<https://teams.microsoft.com/l/meetup-join/19%3a0b724a844f004f47bbf9e6bfc4ccc1b8%40thread.tacv2/1650442777459?context=%7b%22Tid%22%3a%2241f8b7d0-9a21-415c-9c69-a67984f3d0de%22%2c%22Oid%22%3a%22aebf9932-2c06-4b91-862f-ae81e43ca747%22%7d>

Relatore / Speaker:

Dr Annalisa Setti, School of Applied Psychology, University College Cork, Ireland

Abstract: I will present a series of studies on benefits of nature for different populations, such as those with test anxiety and highly sensitive individuals. In recent years, nature benefits have emerged as potential solution for daily stress and restoring cognitive abilities depleted by city living. We studied the impact of virtual nature on mood and cognition in those suffering from test anxiety with promising, although limited results. Those who are more sensitive and responsive to the environment are potentially more susceptible to the benefits of nature, we showed that those who are highly sensitive are more connected with nature. Given the current climate crisis, being more sensitive to nature benefits could be a potential avenue to foster pro-environmental behavior, we explored this link in a series of studies on nature connectedness and sustainable habits. These studies will be discussed in the context of potential limitations of current theories on restorative properties of nature.