

A strong connection with nature leads to both increased environmental stewardship and improved personal wellbeing.

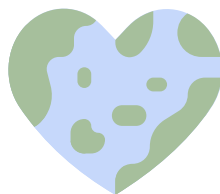
The Environmental Science highlights in [How Does a Nature Connection Foster Environmental Stewardship?](#) that "When we feel connected to nature, we're more likely to take actions that support environmental health. 1 Simple steps like recycling, reducing waste, and supporting sustainable practices become second nature." ¹² This indicates that the emotional bond translates to tangible pro-environmental behaviors.



IUCN in [Home to Us All: how connecting with nature helps us care for ourselves and the Earth - resource](#) | [IUCN](#) emphasizes that people's relationships with nature "profoundly influences their behaviors toward the Earth." This underscores the idea that fostering nature connection is crucial for promoting sustainable practices.



In this beautiful short story [The Nature of Well-Being](#), Purdue for life, explains that spending time in nature increases well being, and that it helps with stress reduction.



Mental Health Foundation, in [How connecting with nature benefits our mental health](#) state that "Research shows that people who are more connected with nature are usually happier in life and more likely to report feeling their lives are worthwhile." Highlighting the strong correlation between nature connectedness and overall life satisfaction.

