

# Matthaei Botanical Gardens and Nichols Arboretum supports teaching, research and the arts at Michigan

Get discussions and ideas flowing - hold your class at the Arb or Gardens. Bring your students to our sites for immersive learning, collaborative projects, research or creative work.

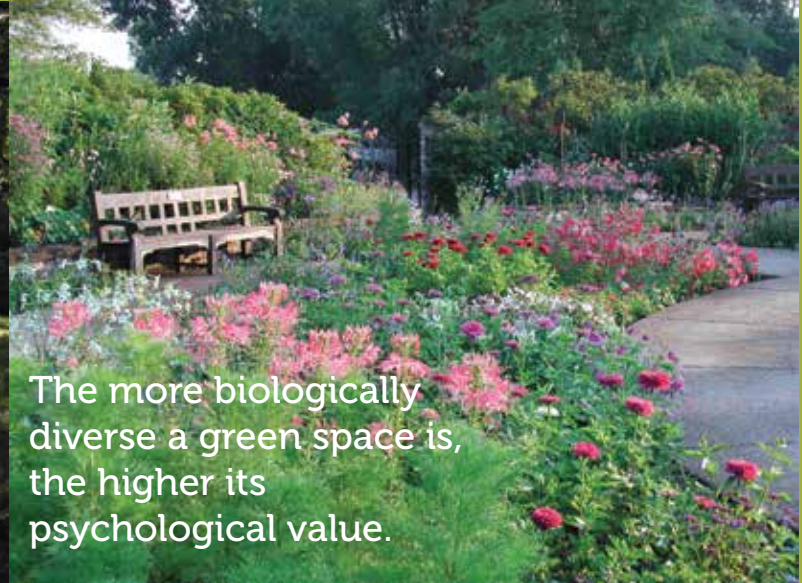
Contact: Catriona Mortell-Windecker (catriona@umich.edu)



To get unstuck take a walk - nature can help you focus



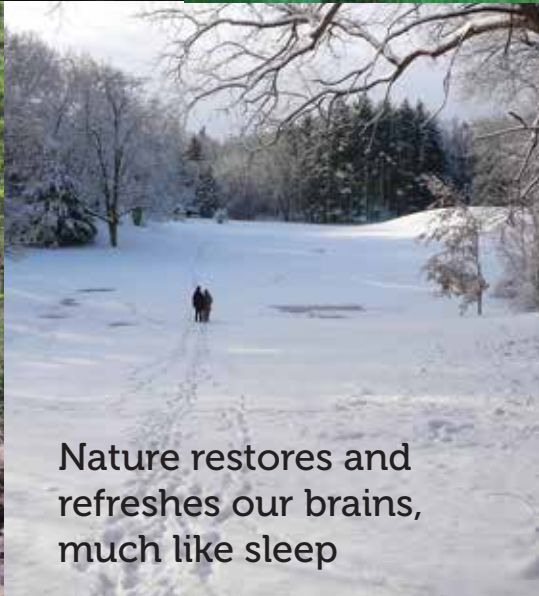
The more biologically diverse a green space is, the higher its psychological value.



Make exercise enjoyable- unplug and engage in nature



Nature restores and refreshes our brains, much like sleep



UM students value practical learning experiences outside of a classroom



## UM Faculty and Researchers know nature is the best

**Unstuck:** Berman M, Jonides J, Kaplan S, 'University of Michigan, The cognitive benefits of interacting with nature' Psychological Science, December 2008, vol 19 no 12 1207-1212

**Biodiversity:** Fuller RA Irvine KN, Devine-Wright P, Warren PH, Gaston KJ, 'Psychological benefits of green space increase with biodiversity' Biology Letters 2007 Aug 22;3(4):390-4

**Enjoy Exercise:** Jason Duvall, PhD, Deliberate Engagement as a Strategy for Promoting Behavior Change While Enhancing Well-Being, University of Michigan 2010

**Restores our Brain:** Stephen Kaplan, University of Michigan, 'The restorative benefits of nature: Toward an integrative framework' Journal of Environmental Psychology Vol 15, Issue 3 September 1995, Pages 169-182

**Experiences outside the classroom:** Blog post by Eric Joyce 'Students Discuss Educational Pathways at U-M', Academic Innovation