

# WATERFRONT LIVING

# NATURE'S THERAPY

Did you ever notice how your heart rate and blood pressure goes down whenever you look out over the water? It's a philosophical fact that a human's vital signs "relax" when we interact with Mother Nature. Some prefer a walk through the woods, others would choose a mountain or stream but Positive Psychology Program wrote, "according to proponents

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of environmental psychology, spending time in nature rather than human-made environments has three positive effects:

1. Reduced stress
2. Improved mood
3. Improved cognitive performance

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National Geographic published that measurements of stress hormones, respiration, heart rate and sweat response suggests that even short doses of nature have significant benefits. For many of us, this is precisely the reason we

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choose to live and raise our families here. It is what I refer to as Nature's Therapy. So go for it! Find your place on the water or near the water — what are you waiting for? As the saying goes "If you're lucky enough to live on the water, you're lucky enough."

QUOGUE

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