

Trees Are Life

Trees are life. Trees provide shade for homes, offices, and parking lots, cooling surface temperatures. They temporarily absorb and then evaporate water, cooling the air thereafter. Trees soak up carbon and remove pollutants from the atmosphere. Trees act as water filters, taking in dirty surface water and absorbing nitrogen and phosphorus in the soil, and reduce flooding by absorbing surplus water and reducing runoff into streams. Trees can deflect sound, which is one reason why you see them lining highways and between roads and suburban neighbourhoods. They also add pretty sounds, like birds chirping and wind blowing through the leaves – noises that have been shown to have psychological benefits. Trees absorb 96% of ultraviolet radiation, and trees and leaf cover substantially improve the looks and value of any property.

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Many studies have found connections between exposure to nature and better mental and physical well-being. Some hospitals have added tree views and plants for patients as a result of these studies. Doctors even prescribe walks in nature for children and families due to evidence that nature exposure lowers blood pressure and stress hormones, and studies have even associated living near green areas with lower death rates.

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How do trees cool the air?

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Why are there often trees lining highways?

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What effect does exposure to nature have on people's health?