



Trees can build community

Trees and grass outside apartment buildings create inviting places for residents to meet and talk with their neighbors. Residents living in buildings that have trees and grass outside report feeling a greater sense of belonging to a community because of the relationships they formed with neighbors while gathering outdoors.¹²

Trees can improve neighborhood safety

Places planted with trees, grass and gardens look like someone near by cares about the area. People may be less likely to commit crimes in green areas because they fear that the people who care for the plants may be watching.¹³

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For more information about urban trees:

**Urban Environment Program
Cornell University Cooperative
Extension-NYC**

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What Can Trees Do for Me?



The Health Benefits of Urban Trees



**Cornell University
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Trees can refresh your mind

- **Trees can improve your mood.**

Trees can be found in parks (even in cities) and spending time in parks can improve your overall mood.¹ Trees can also improve your mood when you are working in your office. Employees in buildings that have window views of trees feel less frustrated by and more enthusiastic about their job.²

- **Trees can help you recover from illness.**

Looking at trees through a window can improve your ability to recover from illness. Window views of trees have helped hospital patients recover from surgery more quickly than patients without window views of trees.³

- **Trees can help you concentrate.**

Different parts of your brain process certain kinds of information. Looking at trees and plants can relax the parts of your brain that you use to concentrate on “hard” things like homework or writing a report.⁴ Looking out the window from time to time to gaze at trees can help to restore your ability to focus and to stay alert.⁵

- **Trees can reduce your stress.**

Looking at trees, and having trees nearby, can reduce mental fatigue and feelings of anxiety. This effect can help you better manage and cope with the sources of stress in your life.⁶

Tree Tips

Visit a park.

Visit a park on your lunch break. Spending time in parks can reduce feelings of stress and sadness.^{7,8} Parks are also great places to exercise. Combining physical activity and spending time in nature can have the dual effect of refreshing your body and your mind!⁹

Hang up pictures of nature.

If you don't have a good view of trees from your office or home, hang up pictures of trees, gardens or other natural landscapes. Viewing pictures of nature scenes can also help you concentrate and reduce feelings of anxiety.^{10,11}

Bring plants indoors.

Potted plants can clean the air inside your home.¹⁴ Besides providing beauty in your home, indoor plants may also help to relieve stress.¹⁵

