Visual/Audio Description: Forest footage on a sunny day with bird calls and guitar strums.

On-Screen Text: Why do so many people feel more balanced in nature?

Because nature removes pressure to perform.

There are no social rules to decode.

No small talk.

No eye contact.

Just being.

Nature can be a sensory balm.

Instead of harsh lights or constant noise…

You get rhythmic birdsong, dappled light, and the rustle of leaves.

Being in green spaces reduces cortisol.

It calms the nervous system.

And for many of us, that relief is everything.

There’s no masking in the forest.

No judgment in the wind.

Just acceptance.

For our brains, nature isn’t just a retreat…

It’s a return to safety.