

# Cognition Colloquium

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# Testing the Effects of Physical Environments on the Human Brain and Mental Health

We assume that the external environment has a major impact on brain plasticity as well as on behavior. However, the influence of the physical environment is oftentimes neglected, in particular in the human neurosciences. In order to fill this gap, the discipline of Environmental Neuroscience has evolved, that may help to clarify the mechanisms behind restorative effects of nature and therewith provide answers to the question whether the effects are accomplished via a cognitive or affective route. Within the scope of this presentation, research will be presented that attempts to link features of the living environment to brain structure and function. Moreover, several studies will be presented demonstrating that short- or long-term interactions with natural environments (such as a walk in a forest, watching pictures of nature or exposure to virtual nature environments) may improve cognition, brain activity as well as mental health.



**Join online:**

<https://zoom.us/j/93526030034?pwd=ZkJnYlFVOEthU2lDeE5nVmV6TlZLZz09>

Meeting ID: 935 2603 0034

Passcode: 250171