

7

Nature

Standing in nature for 10 minutes is good for our mental health. Even gardening can help us. A study found that nature makes us see other people as "more human". This makes us help others, so we feel more positive about ourselves. Helping other people reduces our stress. More people are suffering from stress, depression, and other problems. One in five Americans has a mental health problem. The research has good advice. It says being in nature helps us sleep better.

Valentina Migliore

BUSTA 7

1. Principali differenze tra accesso civico e accesso documentale
2. Il codice di comportamento del dipendente pubblico
3. I termini di conclusione del procedimento amministrativo