The idea that spending time in nature can make you feel better is intuitive. We all feel this to be true, and many of us have anecdotes of our own or from friends or family that support that idea. People who have been suffering from stress, sickness, or a trauma can spend quiet contemplative time in gardens or taken to the mountains or woods to heal. But nature is not just wilderness. The benefits of nature can also be found in our communities’ parks and green spaces. Landscape architects design these and many other outdoor spaces where people can walk, sit, play, exercise, explore, and look at the stars. They design outdoor spaces to be safe and accessible to all people. Below is a collection of ASLA resources that cite how landscape architects connect people to natural landscapes, as well as the benefits of healthy outdoor spaces.

### Blog Posts


(Photo Credit: Rendering for Beth Israel Deaconess Hospital Healing Garden / image: Adam E. Anderson)
Books


Landscape Architecture Magazine

Professional Practice


Contact Info

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