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Cómo la observación de aves podría ser increíblemente beneficiosa para su salud mental ...



CÓMO LA OBSERVACIÓN DE AVES PODRÍA SER INCREÍBLEMEN BENEFICIOSA PARA SU SALUD MENTAL

Por Adelina Benson

Parece que está ocurriendo una epidemia de salud mental en todo el mundo en este momento. Con las poblaciones occidentales promediando las tasas afectadas de alrededor del 18%, según la OMS, incluso más altas cuando

se trata de las generaciones más jóvenes, muchas personas buscan tratamientos y formas de ayudar a controlar la forma en que se sienten.

Desde la meditación de atención plena hasta la medicación, existen muchas soluciones, pero queremos centrarnos en un pasatiempo probado y verdadero: ¡la observación de aves!

Hoy, vamos a explorar los beneficios para la salud mental que puede tener la observación de aves, detallando todo lo que necesita saber en caso de que quiera ayudarse a sí mismo o a un ser querido. ¡Saltemos directamente a esto!



Estudios recientes sugieren:

[Three combined studies](https://www.naturettl.com/bird-watching-boosts-mental-health/)
[\[https://www.naturettl.com/bird-watching-boosts-mental-health/\]](https://www.naturettl.com/bird-watching-boosts-mental-health/) carried out by

the University of Exeter (UK), the British Trust for Ornithology (UK), and the University of Queensland (AUS), have discovered recently that people who are exposed to more natural environments have significantly fewer feelings of stress, depression, and anxiety.

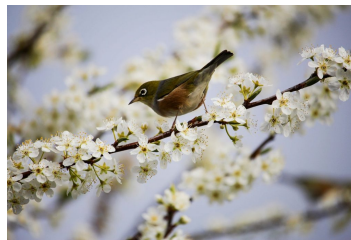
The studies defined nature as “more birds, trees, and shrubs.” The studies included 270 people and contained a diverse range of people of all ages, ethnicities, and genders.

Using Birdwatching as a Remedy

Perhaps one of the most interesting results of the studies was the fact that even if people rated their depression/stress/anxiety levels high in the mornings, several hours of birdwatching were seen to consistently raise these feelings and helped people to feel much happier in themselves and the world around them.

What's more, it didn't matter what kind of birds were spotted; whether these were native birds or all different species and varieties or lots of the same species, the benefits seem to remain the same.

Nature and Mental Health



This study is interesting because so many people have long described the benefits that nature has on us as human beings, and how we are somehow connected on a mental, psychological, and sometimes even spiritual level; this research is another step in confirming it.

So many of us have refined ourselves to office tower blocks, flats and apartments, and metal box vehicles,

meaning some of us might not have contact with nature for a prolonged amount of time; maybe even for several weeks.

While the study sample is small, these studies could partly explain why there is an increase in mental health conditions around the world, and why people seem to be becoming increasingly unwell.

Steps for the Future

If you find that you're suffering from a mental health condition such as stress, anxiety, or depression, while it's not recommended you cut out or stop taking any medication or treatments you're currently using, it may be a good idea to get outside to see what kind of birds you can see.

Whether you're simply investing in a bird feeder and setting it up in your back garden or you're going for a walk in nature to see what you

can see, the act is
beneficial to your mind
and body, even if you
don't see something.

You can do this in a
nearby rural area or
even in your local park
or wildlife reserve. Once
you become mindful of
these natural areas,
you'll soon realize that
birds and wildlife are
present throughout
society, even in built-up
areas.

All you need to do is
become mindful and
watchful for their
existence, and already
you'll start to see the
benefits. Birdwatching is
renowned for being a
meditative exercise and
can help nurture your
connection with nature.

Instead of allowing your
mind to run free on
crazy tangents and mad
thought patterns, which
usually result in anxious
or stressed out thoughts,
allowing yourself to
focus on something like
looking for birds can
help keep your mind
present and those pesky
thoughts at bay.

Of course, this is a practice that takes time to develop and nurture, but with regular practice and focus, you'll be there in no time at all.

Adelina Benson is a lifestyle blogger and writer at [PhDKingdom](https://phdkingdom.com/) [https://phdkingdom.com/] and [Academicbrits](https://academicbrits.com/) [https://academicbrits.com/]. She develops mindfulness practices, edits and proofreads wellness articles. In her free time, she loves to blog to help people reach their full potential at [OriginWritings.com](https://originwritings.com/research-paper-help) [https://originwritings.com/research-paper-help].

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