



### **„NATURE - THE SOURCE OF HAPPINESS“**

It is scientifically proven that being in nature reduces anger, fear, stress and increases happiness. Being out in the open can encourage our creative flow. Being surrounded by nature's beauty helps to stimulate our brain. Also, getting the recommended dose of sunlight can help you feel refreshed and relaxed by increasing your body's melatonin production. Melatonin is a hormone that controls your body's internal clock. And the right amount of it ensures having a good night's sleep. Unfortunately, people tend to destroy the balance of nature. How does this destruction of nature affect you and me?

Firstly, it increases flooding due to the erosion of soil and lack of trees. Also, it enables rising sea levels due to the melting of the glaciers caused by Global Warming. Disruption of the food chain becomes obvious when the apex predators become extinct. In addition, water shortage appears - we only have a finite supply of fresh drinking water. Moreover, lands become barren and oceans become fishless. The loss of biodiversity appears due to deforestation. Finally, pollution will eventually become unmanageable and affect our health. Rising temperatures may become too dangerous for all living creatures on the planet.

Since the pandemic began, pollution levels have dropped, animals have returned to the areas they had previously abandoned and people have started to travel on foot and by bicycles more. Although short-lived, we have already experienced some significant effects that have influenced our behavior, lives and the natural world. For many of us, these unexpected positives have brought a new understanding about the relationship between environment and our health.

We've seen how problems like deforestation and rising temperatures have increased the risk of extinction for all kinds of species. But, as part of the global ecosystem, humans are not immune from the effects of climate change either.

I believe that the most important goal right now is teaching children to respect nature and environment. They are the present and the future of our planet. We need to understand the consequences. We must act as soon as possible because there may be no tomorrow.

Presented by:

Ūla Ivanauskaitė