

## Green Brain

Shureen Faris Abdul Shukor, Nur Amira Noor Kamal, Shamsul Abu Bakar, Nasir Baharuddin and Shamsul Khamis

Motivated by large-scale public health problems such as depression and mental health, scientists are looking with renewed interest at how nature affects our brains and bodies. It has been hypothesized that being in nature allows the prefrontal cortex, the brain's command center, to dial down and rest like an overused muscle. Recovery in the green environment has been proposed as particularly effective due to the calming inherent qualities of nature. However, in a scenario where nature could not be physically accessed such as patients recovering in hospital wards, there are questions whether a stimulated natural environment would produce the same effects as a genuine one. Very few researches have been conducted on quality of virtual stimulation influences and its restorative effects. Alternative platforms such as viewing through virtual-reality gear, a video or through static images have been engaged for stress reduction and health promotion. Subsequently, the use of cognitive brainwave measuring tool such as EEG could detect electrical activity in the brain in conditions of relaxation, stress, focus, excitement and engagement to test the effect of simulated natural environment. In the advance age of technology, alternative methods of viewing nature-based scenes should be highlighted as an option to relieve stress and to restore attentional level.











