Eisteddfod yr Urdd Sir Ddinbych, 2022

Cystadleuaeth 304: Cyfieithu 19-25 oed

Cyfieithwch y darn isod i'r Gymraeg

If you're already an avid nature lover, you'll have noticed how your body calms down at the sight of nature. Your heart rate slows, you feel calmer and your thinking becomes more clear. Research has consistently shown that even the smallest amounts of nature have measurable effects on your body and brain. From reducing the number of visits to your GP to improving your mood in the long term, spending more time in greenery can have a lasting impact on your health and wellbeing.

While every bit of nature is good, recent research suggests that spending a total of 120 minutes in nature per week is the key to maximising your long-term benefits. This came from a recent UK study involving nearly 20,000 people which found that those who spent at least a total of 120 minutes every week in greenery were significantly more likely to report good health and higher psychological well-being.

It doesn't seem to matter too much whether you head for a park, woodland, or a forest. So whether that's by spending more time in your local park during your lunch break, or opting for a long weekend walk with the dog, or taking a five-minute detour through green space on your way to the supermarket, spending time in nature – at least 120 minutes per week – really can make you healthier and happier.

And it's not just the sights of greenery that have a profound impact on our bodies and brains – it appears that even just the sounds of nature can actually change our brain activity too.

Each time you hear the soothing sounds of birdsong or of a babbling brook, brain scans have shown that your attention will naturally shift outward, you will become less engaged in your own thoughts – and this will help reduce levels of anxiety.

O wefan BBC Radio 4 'Just One Thing – with Michael Mosley'.