SUSTAINABLE LIVING NETWORK
ONE eXp

GLOBAL SUSTAINABILITY IN REAL ESTATE

Weekly Global Update

NOV 9, 2026

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This week's focus: The powerful connection between nature, community, and mental well-being — and how sustainable places and daily practices can support healthier, more resilient lives worldwide.



Hong Kong: How Much Time in Nature Benefits Mental Health?

Research reviewing 45 years of evidence found that even one hour or one visit to green space weekly is linked to meaningful mental health benefits, with around four hours (or four visits) corresponding to 90% of the modeled maximum benefit.

Implication: Regular, accessible time in nature can be a practical way to support emotional health and reduce stress.

SLN Discussion: How can we make nature and green space more accessible in the communities we serve?



Spain: Nature-Based Activities May Help Reduce Loneliness

A study in Barcelona involving 320 adults experiencing loneliness reported an average 10.5% reduction in loneliness scores over three months, with reductions approaching 17% after one year through structured nature-based activities.

Implication: Time in nature and community outdoor programs can help build connection and a stronger sense of belonging.

SLN Discussion: What types of nature-based activities could strengthen community connection in your market?



Germany: The Quality of Green Spaces Matters Most

A survey of 2,157 people in two German cities found that feelings of restoration were strongly associated with better well-being and lower reported stress and depressive symptoms. The experience of the space mattered more than the specific activity.

Implication: The design and quality of green spaces can play a key role in supporting mental well-being.

SLN Discussion: How can thoughtful design create more restorative spaces in the places where we live and work?



United States: Natural Sounds and Biodiversity Influence Mood

University of New Hampshire research found that perceived biodiversity and natural sounds were closely linked to greater mental well-being among woodland visitors.

Implication: The sensory experience of nature — including sound and a healthy, diverse ecosystem — can be an important part of mental wellness.

SLN Discussion: What simple ways can we encourage more nature and biodiversity in our daily lives?

SLN TAKEAWAY

Sustainable living isn't only about protecting our environment. It's also about creating environments that protect our well-being. From time in nature to stronger community connections, sustainability can lead to healthier, more resilient lives.

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BRIGHTSIDE COMMERCIAL GROUP

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Sources & Citations

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01 HONG KONG | Nature and mental health

University of Hong Kong | November 4, 2026

HKU study establishes weekly dose-of-nature benchmarks

READ ORIGINAL SOURCE

02 SPAIN | Nature-based activities and loneliness

University of Colorado Boulder | October 13, 2026

Can a prescription for nature help cure the loneliness epidemic?

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03 GERMANY | Restorative green spaces

European Journal of Public Health | October 26, 2026

Urban Green Spaces and Mental Health: Restorative Effects Beyond Usage Patterns

READ ORIGINAL SOURCE

04 UNITED STATES | Biodiversity and natural sounds

University of New Hampshire | October 20, 2026

What Makes a Walk in the Woods Good for Your Mental Health?

READ ORIGINAL SOURCE

SLN RESEARCH NOTE

Findings are summarized for education; associations do not prove causation.
Use original research links to review methods, limitations and context.