

What Are Blue Spaces?

Blue Spaces offer more than a fun day at the lake or hanging ten at the ocean. They offer a variety of health benefits and visiting blue spaces should be part of a healthy routine, but what exactly are they?



Blue spaces are bodies of water and areas near bodies of water. This can include lakes, rivers, beaches, bays, landlocked seas, and more. Various studies have found that these blue spaces provide physical and mental health benefits. While it's important to also spend time in green, blue space should also play a role in your nature experiences. When compared to green spaces, blue spaces impact health differently.

A 2020 report from the UK's Environment Agency found that blue spaces significantly impact mental health. Those who spend more time near blue spaces are happier, have lower levels of stress, and feel more connected to the world around them. Not only that but spending time at blue spaces also increases opportunities

to socialize and build community. In the modern era where our stress levels are higher than ever and many people feel isolated and lonely, heading to a nearby body of water can help!

If you want to experience the physical and mental health benefits of blue spaces, consider adding blue care to your lifestyle. Blue care, also called bluehealth, is a subset of nature therapy that champions the power of water to heal issues of all kinds: mental, physical, behavioral and social. Proponents contend that time spent near, in, and on healthy waters can have fantastic health benefits.