

Title: The Impact of Urban Green Spaces on Mental Health

Good [morning/afternoon], everyone. My name is [Your Name], and today I will be presenting my thesis on the impact of urban green spaces on mental health.

The increasing urbanization worldwide has reduced access to green spaces, which are essential for mental well-being. My research focuses on how these areas influence mental health outcomes in urban populations.

I conducted a study involving [number] participants in [location], assessing their mental health status and access to urban green spaces. The findings indicate a strong positive correlation between the proximity of green spaces and improved mental health indicators such as reduced stress and enhanced mood.

Key factors include the quality and accessibility of these spaces.

Recommendations from this study suggest integrating more green spaces within city planning to enhance urban residents' quality of life.

Thank you for your attention. I am open to any questions.