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Organization:

Title:

Comments: I'm a 16 year old here in the united states and I've loved nature for as long as I can remember. I run every day and I started running in the woods by my house around 10. I cannot stress how beneficial nature and trees are to mental health, not to mention our ecosystems. I think we tend to forget that we as humans are also a part of and rely on the ecosystems around us. Without them, we have nothing. Trees and forests improve air quality, provide habitats, have been proven to help reduce anxiety and stress, and are just downright beautiful to look at. It is our job as a species to care for and maintain this planet and to repair the damage that we have already done to it so that other species can continue to live and so that future generations of people can enjoy it all.