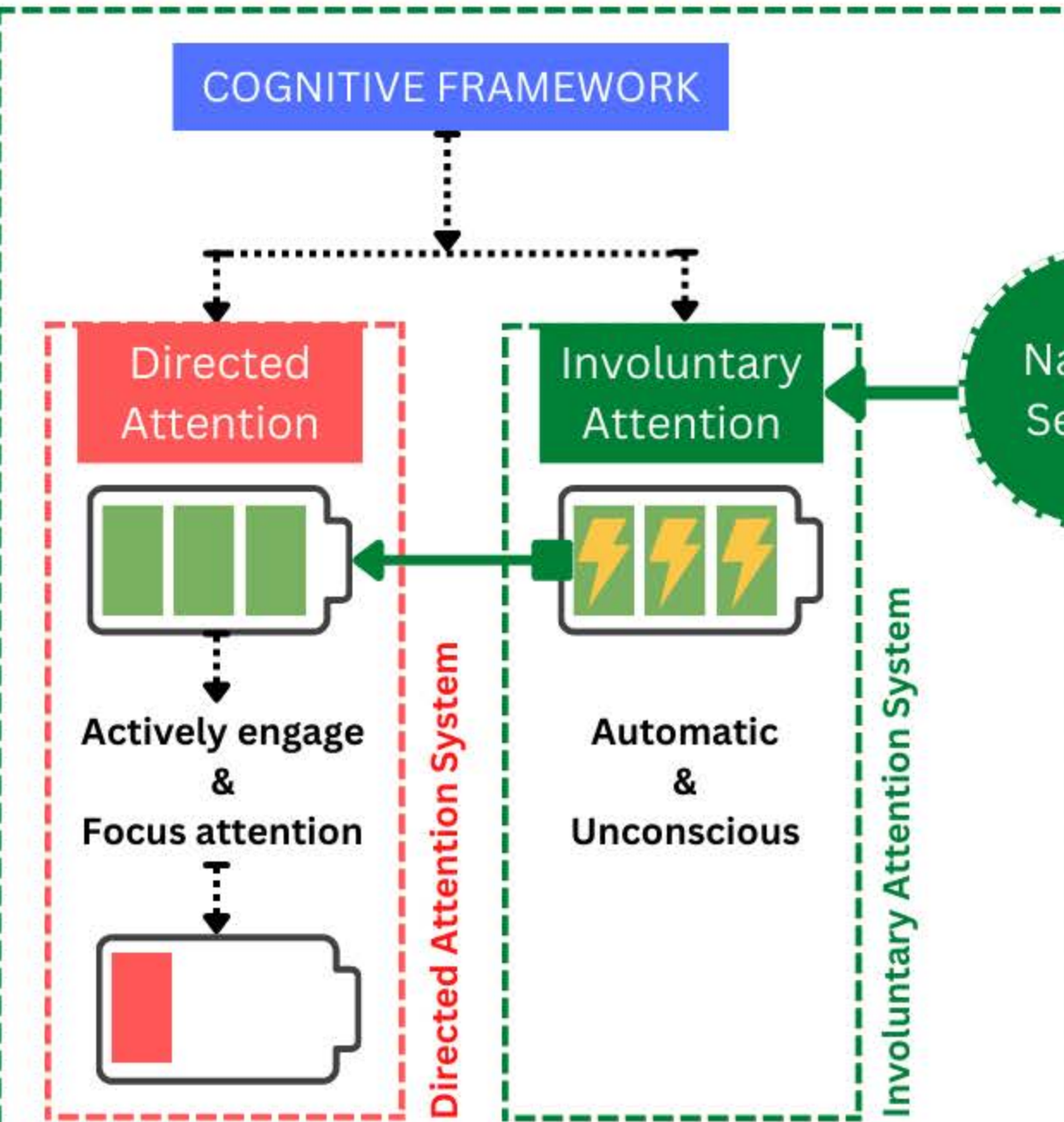


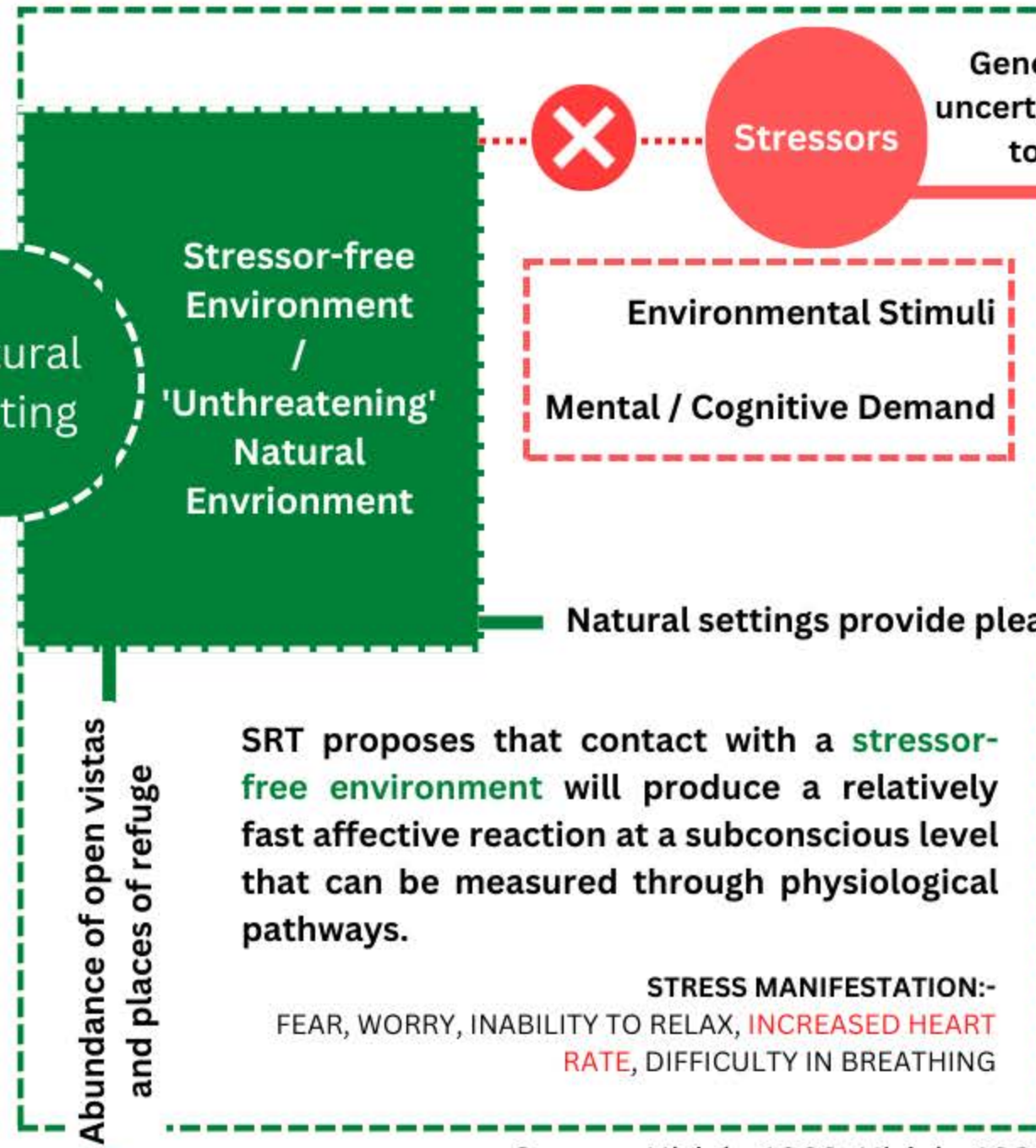
Attention Restoration Theory (ART)



According to ART, the mental fatigue that is associated with a **depleted capacity to direct attention** may be overcome by spending time in **environments rich in natural stimuli**. A central premise of ART suggests that natural stimuli are intrinsically fascinating in a way that evokes a **type of attention that does not require effortful fixation or cognitive effort**. As the brain engages in externally driven and effortless attention, the capacity to direct attention in an effortful manner is restored.

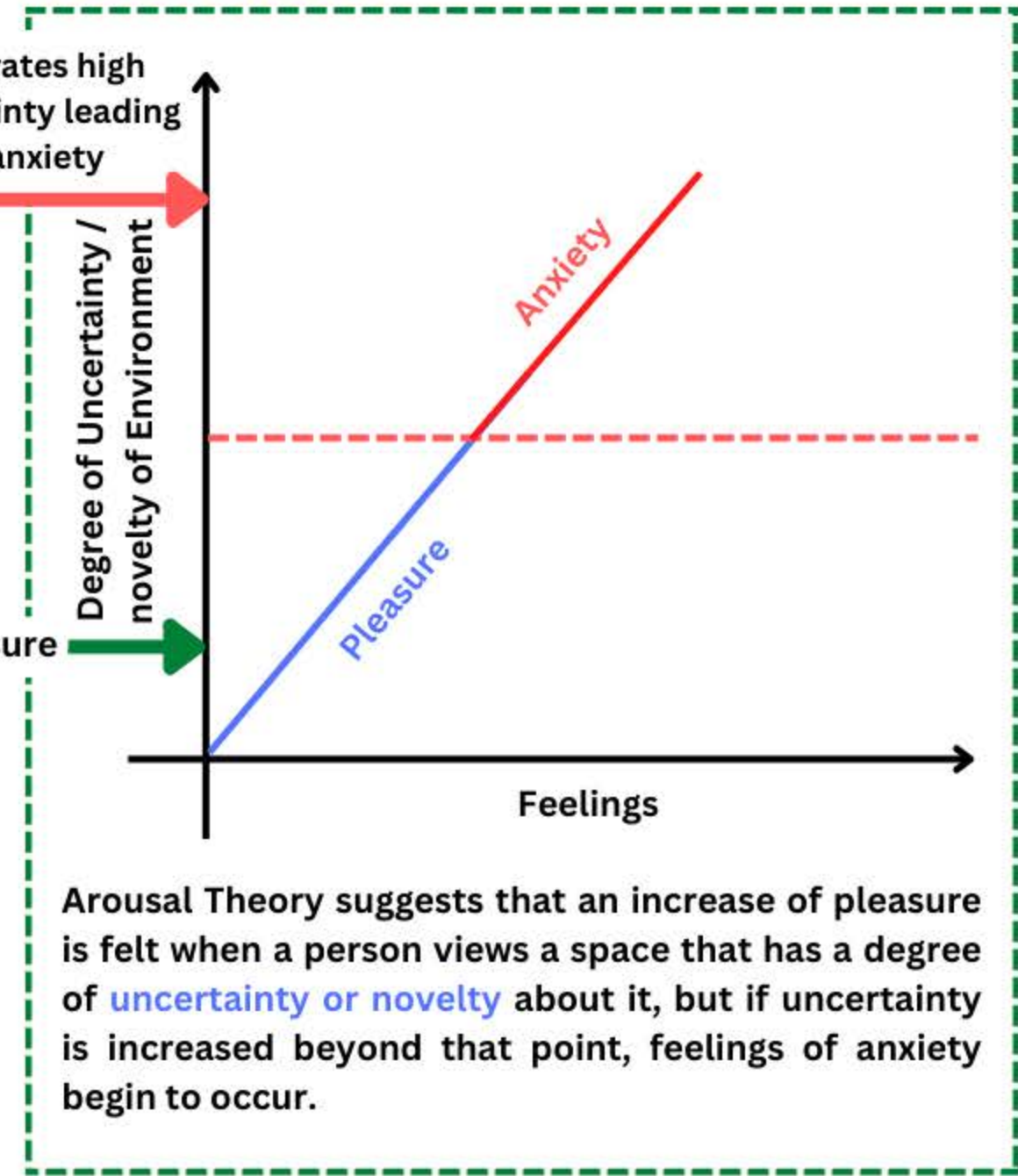
Source: Kaplan, 1995; Kaplan and Kaplan, 1989.

Stress Reduction Theory (SRT)



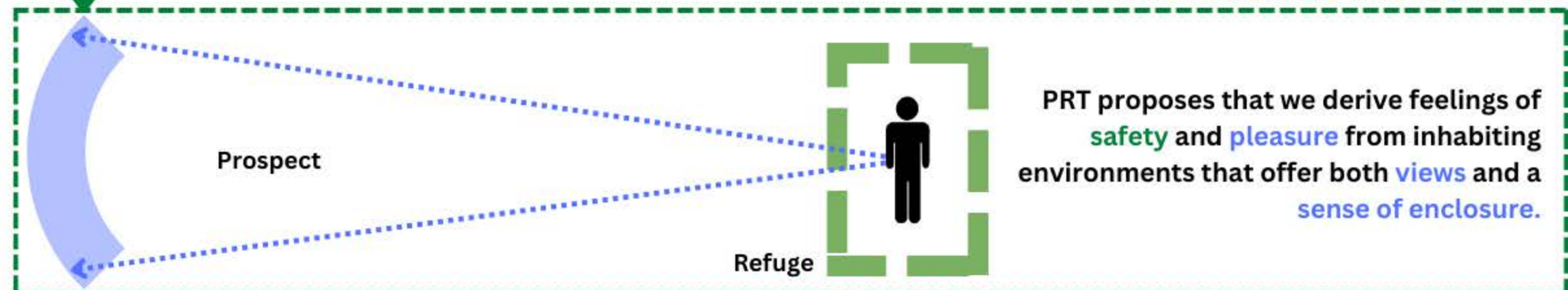
Source: Ulrich, 1983; Ulrich, 1991.

Arousal Theory



Source: Berlyne, 1951.

Prospect Refuge Theory (PRT)



PRT proposes that we derive feelings of **safety** and **pleasure** from inhabiting environments that offer both **views** and a **sense of enclosure**.

Source: Appleton, 1975.