

Tuğçe Bakır Demir

METU Child Development Lab

**The Effects of Nature Connectedness on Emotional Regulation: The Mediator Role
of Cortisol Level**

Many studies in the literature demonstrated the positive impacts of nature on adults (e.g., Gidlow, 2016; Lottrup, Grahn, & Stigsdotter, 2013). In the current study, we aim to investigate the relationships among nature relatedness, stress, and emotional regulation skills. We expect that nature relatedness would positively predict adaptive emotional regulation skills. Also, it is expected that this relationship would be mediated by stress levels.

