The Psychological Wellbeing Index measures the percent of Puget Sound residents who experience inspiration and stress reduction while in nature. This index will help us understand whether the natural environment contributes to the psychological dimensions of human wellbeing.

Key Vital Sign Indicator Results

- The majority (67 percent) of respondents reported regularly experiencing stress reduction and inspiration while in Puget Sound natural environments.
- The experience of psychological wellbeing in nature is slightly higher for counties in the north and west of Puget Sound. It is also slightly higher for non-Latinx respondents.
- This is a minor, insignificant, increase since 2018.