

Red wine in the Savannah

If you are looking for happiness, you are advised to travel to Denmark. According to current research, the happiest people on earth live there. Presumably, the Danes also manage to relieve stress well. Otherwise, they would hardly be so happy.

From an evolutionary biological point of view, the people with the least stress should come from East Africa. According to the Out of Africa theory, Homo Sapiens saw the light of day there. And what did he see when he looked over the landscape there as the crown of creation? Of course, the African savannah. This image has been imprinted in the unconscious of human beings. The savannah is the beginning of everything. It is the home of man, his very own home. He feels safe in the savannah. The blood pressure drops, the gaze widens, and a triumphant smile appears on his face. Homo Sapiens relaxes. Out of Africa also comes the first method of stress management. The view into nature.

Time and again, research show that people are better off when they spend time in nature. It is even enough to look at pictures of nature to recover. And which landscapes are best suited for this? Of course, pictures of the savannah, the home of man. Typical of the East African savannah are open landscapes with curved horizon lines that contain bodies of water. Anyone who looks at such photos or paintings feels like they have been transported back to a time when everything was abundant. They are deeply rooted images of paradise.

When people look at this landscape, they return to the inner paradise from which stress sometimes drives them away. They then sit under a tree again and the warm wind sweeps over their cheeks as the sun rises on the horizon and a new day of adventure dawns. Viewing savannah pictures or, as just indicated, dream trips can contribute to relaxation and regeneration. Another strategy is that even a few million years ago, life was not a sugar slick. In paradise there were already lions and snakes at that time, and it is rather unlikely that the species in Ethiopia at that time were exceptionally peaceful. To get away with it, there was already the stress at that time. The stress response is what enables you to fight and race and thus guarantees life in paradise.

If you do not have enough views over the savannah or from the balcony, you can just as well, out of home office and just sprint around the block when the stress plagues you. The advantage over the savannah is clear that one does not meet predators there. This small simulation of hunting is nevertheless beneficial to the reduction of stress hormones. From the savannah can then dream on the home balcony with a glass of red wine. Also, a beautiful view.

Face of Africa is a relaxed company in Tanzania that combines unique recreation and extraordinary experiences. For all people who want to combine safari and stress management.

