Frank Sinatra said “If I can make it there, I’ll can make it anywhere.” As much as we love New York and other city environments, there is something deeper in this lyric that suggest just how difficult we find it to constantly be in a big city. My name is Domenic DiPietro and I work in the biological sciences department at Bowling Green State University. Our work explores how environments are rapidly changing and how that affects us. As urbanized populations and a demand for a fast lane life style are increasing, we should be asking the question “how do densely populated areas affect us?” Among bright city lights and mammoth architecture, we’re starting to see our green trees, shrubs, and other plants take a back seat. These plants are the ones ancestors evolved with 200,000 years ago. And there are evolutionary success lives in us today as being in these natural spaces can promote relaxation. Don’t get me wrong a nice visit to new environments can be exciting and while I am walking down the street in Times Square it is great to see the art and energy of more permanent residents. But the inability for some to find comfort in these cityscape sounds can take its toll on mental and physical health. Sirens, construction, and traffic sounds all build a space that most often have negative connotations. My thesis research used different aspects of sounds to help us relax. We played a 7-minute mixture of nature sounds and a 7-minute mixture of city sounds for college students and recorded a few physical and psychological variables. Findings for my research suggest that we have the ability to achieve relaxation from listening to just a few minutes of nature sounds. When listening to these sounds, we saw a decrease in respiration rate and an increase in positive mood. These findings don’t have to be limited to just when we are in big cities and can be applied to any stressful situation. Moderate to severe anxiety influences roughly 40 percent of college students and 20 percent of the general adult population. When we have that big presentation for the CEO, you’re stuck in a commute, or just feeling overwhelmed in general these stressful events build and wear down on our overall health. Periodically listening to natural sounds can be a coping mechanism to help mitigate the negative effects of chronic anxiety. As I move forward with Ph.D. work I’d like to continue looking for the aspects of sounds that help us distress. We’ll explore which natural environments yield the best results and maybe discover some natural environments to avoid. Human wellness is a vast field and new alternative methods to help supplement western medicine are being uncovered to help us lead more happy and healthy lifestyles. We don’t all have access to natural or green spaces but with the internet at our fingertips this is not difficult to overcome as we can stream video or sound files in seconds. Bird song, light thunder storm, or leaves rustling in the wind could help anyone relax their mind and body. Thank you for your time and attention.