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Waterfront living has always been the *golden ring*. When I built our home on the water, I truly felt that every time I looked out back my heart rate would slow down, my blood pressure eased and an overall feeling of contentment came over me. I thought it was simply mother nature's therapy. So I went to AI and posed the question on a scientific level and here's what artificial intelligence had to say.

Scientific research indicates that living near water, often referred to as "blue spaces," can have positive effects on mental health, including reduced stress, improved mood, and a greater sense of well-being, with studies showing people living near water bodies tend to report lower levels of mental distress and anxiety; this is attributed to the calming effect of the natural sounds and sights of water, encouraging relaxation and promoting physical activity due to increased access to outdoor spaces like lakes and oceans.

## KEY POINT ABOUT THE BENEFITS OF LIVING NEAR WATER

Reduced stress and anxiety: The sounds of waves and the visual calmness of water can trigger the parasympathetic nervous system, leading to a relaxation response.

In addition to the health benefits of living on the water, there's the financial benefits. NYTimes Sunday November 28th article "Expensive Zip Codes Have Something in Common" by Josh Ocampo, confirms beaches and water (sometimes in the form of snow) rank as the highest Median Home Sales Price. Two of the top 5 most expensive home prices are in the Hamptons: Sagaponack and Water Mill. The study is not as detailed as the Town & Country Home Sales Reports so it missed East Hampton Village and Southampton Village, which would have ranked in the Top 10.



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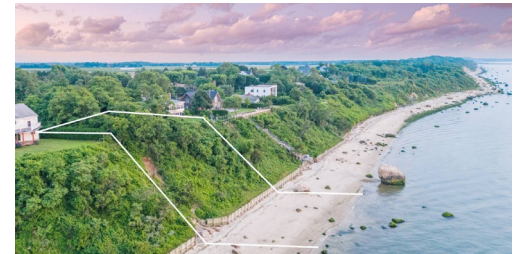
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