Supplementary Materials

Table S1. Regression results for the negative markers of well-being: (i) Stress, (ii) COVID-19 Fear, & (iii) Loneliness.

Stress								
Model		*b*	S.E.	*t*	*p*	Lower	Upper	$R^2_{square}(p)$
1	(Constant)	3.35	0.15	23.09	< .001	3.06	3.63	.008 (.11)
	Nature exposure	-0.07	0.03	-2.08	0.04	-0.13	-0.004	
	NR	0.04	0.04	1.02	0.31	-0.04	0.13	
2	(Constant)	3.35	0.15	23.07	< .001	3.06	3.63	.000 (.77)
	Nature Exposure	-0.07	0.03	-1.92	0.06	-0.13	0.002	
	NR	0.04	0.04	0.99	0.32	-0.04	0.13	
	NR X Nat Exposure	-0.02	0.05	-0.29	0.77	-0.12	0.09	
COVID-19 Fear								
Model		*b*	S.E.	*t*	*p*	Lower	Upper	$R^2_{square}(p)$
1	(Constant)	3.02	0.26	11.53	< .001	2.52	3.52	.001 (.76)
	Nature exposure	-0.04	0.06	-0.73	0.47	-0.16	0.07	
	NR	0.03	0.08	0.44	0.66	-0.12	0.18	
2	(Constant)	3.02	0.26	11.85	< .001	2.52	3.52	.004 (.12)
	Nature Exposure	-0.02	0.06	-0.26	0.8	-0.13	0.1	
	NR	0.03	0.08	0.33	0.74	-0.13	0.18	
	NR X Nat Exposure	-0.15	0.09	-1.57	0.12	-0.33	0.04	
Loneliness								
Model		*b*	S.E.	*t*	*p*	Lower	Upper	$R^2_{square}(p)$
1	(Constant)	3.01	0.28	10.77	< .001	2.46	3.55	0.02 (.004)
	Nature exposure	-0.2	0.06	-3.08	0.002	-0.32	-0.07	
	NR	0.2	0.08	2.35	0.02	0.03	0.36	
2	(Constant)	3.01	0.28	10.76	< .001	2.46	3.55	0.00 (.76)
	Nature Exposure	-0.2	0.06	-0.304	0.002	-0.33	-0.07	
	NR	0.2	0.08	2.36	0.02	0.03	0.36	
	NR X Nat Exposure	0.03	0.1	0.3	0.76	-0.17	0.23	

Table S2. T-test results and mean (standard deviations) for each subjective well-being variable by rural or urban residents.

Variables	Rural	Urban	t-test
Balanced Affect	1.27 (5.32)	0.70 (5.41)	1.20
Fascination Affect	2.76 (0.95)	2.66 (0.94)	1.25
Flourishing	5.22 (0.99)	5.16 (1.03)	0.57
Vitality	3.92 (1.34)	3.79 (1.30)	1.11
Life Satisfaction	4.37 (1.30)	4.09 (1.45)	2.21*
COVID-19 Fear	3.02 (1.01)	3.07 (0.98)	-0.63
Stress	3.34 (0.61)	3.31 (0.70)	0.50
Loneliness	3.35 (1.11)	3.31 (1.09)	0.40

Note: * $p < .05$