



FOREVER
MARYLAND

2021 Webinar Series

Preserving with a Purpose

B Salisbury

Personal Resilience: The Mental & Physical Benefits of Open Space

Webinar presented by:

**Dr. Heidi Schreiber-Pan, Ph.D., LCPC, NCC, ACS, Chesapeake Mental Health Collaborative and
Dr. Jennifer D. Roberts, DrPH, MPH, University of Maryland**

Wednesday, March 31st, 2021

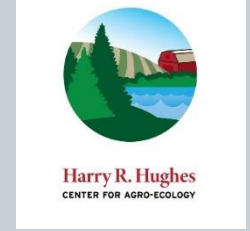
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Heidi Schreiber-Pan, PhD

What landscape or natural feature is most restorative to you?



- Mountains & Lakes
- Ocean/Seashore
- Walk in the Woods
- My own backyard

Why Nature Informed Therapy

We Believe

That **disconnection** from **nature** is a fundamental contributor to mental and physical health problems for **EVERYONE**

That **reconciliation** therapy is necessary to address the human – nature estrangement.

At a time when the destruction of our home planet is the most significant issue facing humanity today, reconciliation will result in a deeper level of **caring** for nature and greater **conservation** involvement.

Human Evolution



Throughout evolution we spent over 90 % of our time in nature. Our physiology is still adapted to it.

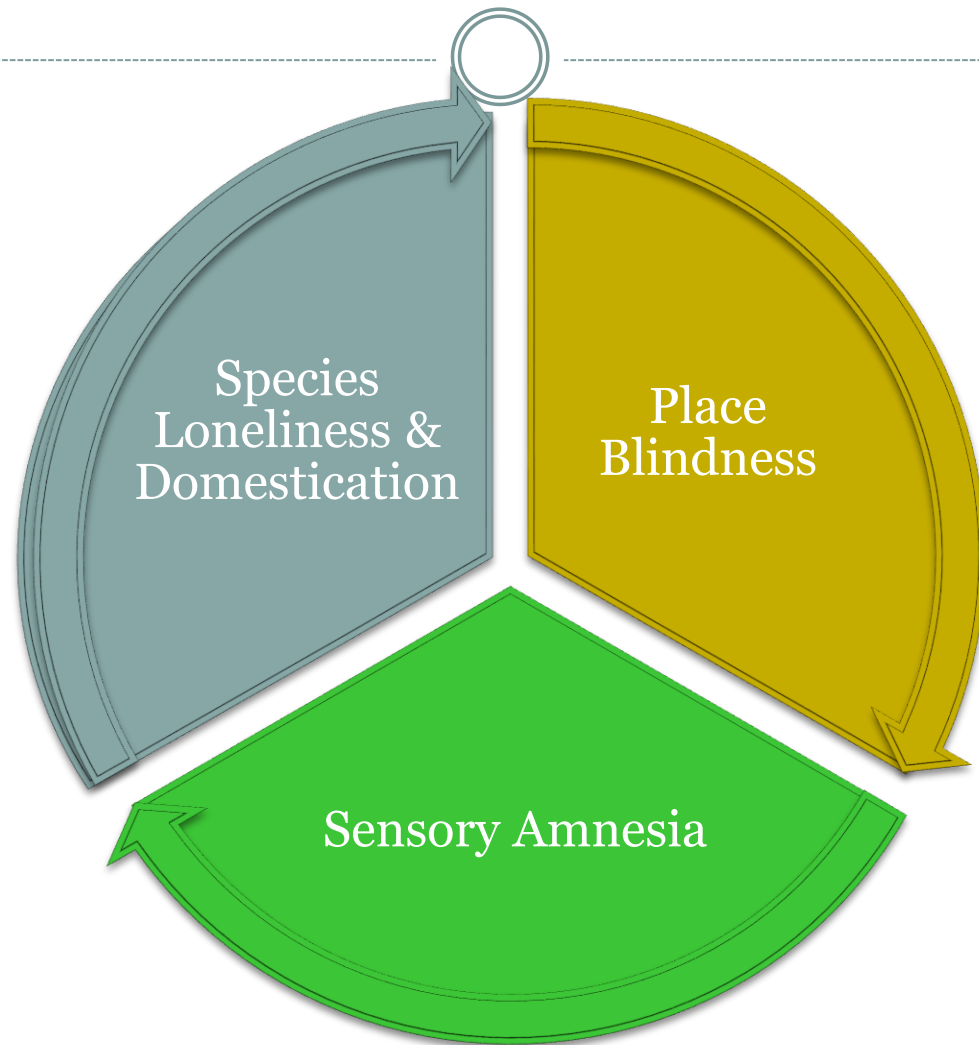
Our senses are adapted to interpret information from plants and streams, traffic and high rises not as much.

Our senses were attuned to the co-existence with other creatures as we hunted, gathered and live side by side.



Biophilia (Harvard biologist. E.O. Wilson)- humans have a fascination and need to interact with other life forms.


Eco Separation




*Knowing who
you are by
knowing where
you are
(Wendell
Berry)*

Sensory Amnesia & Eco-Boredom

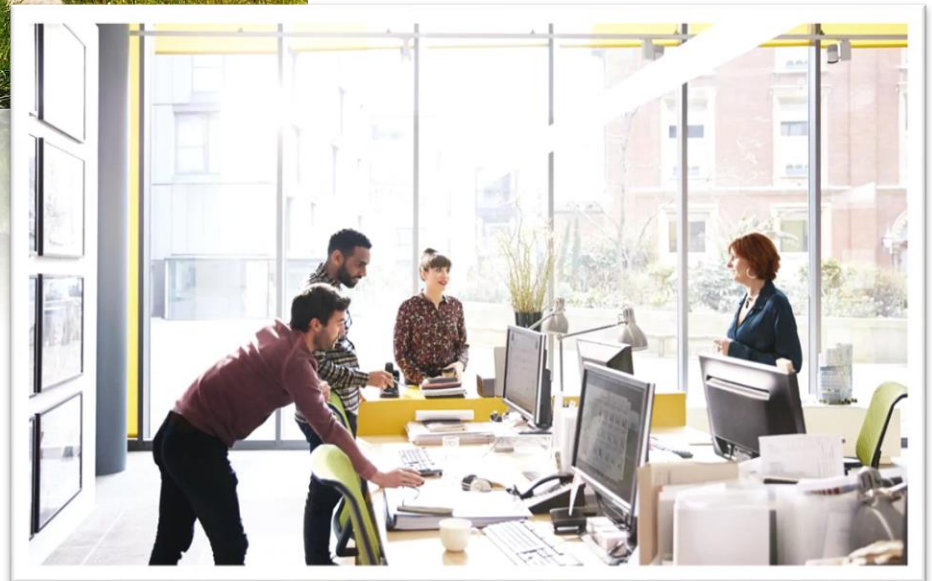


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- Five sense? Try thirty or more (Louv,2012)!
 - Developed through interaction with environment

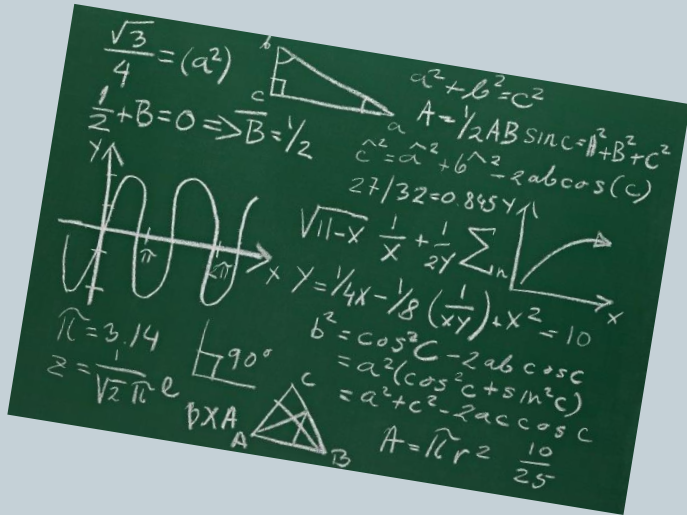
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- Lack of sensory stimulation from the rich and diverse ecosystems and life-forms that our nervous system evolved with.
 - Eco-Boredom- slowing of pace & addiction to fast stimulation of the brain

Stressed?





Nature works by lowering stress

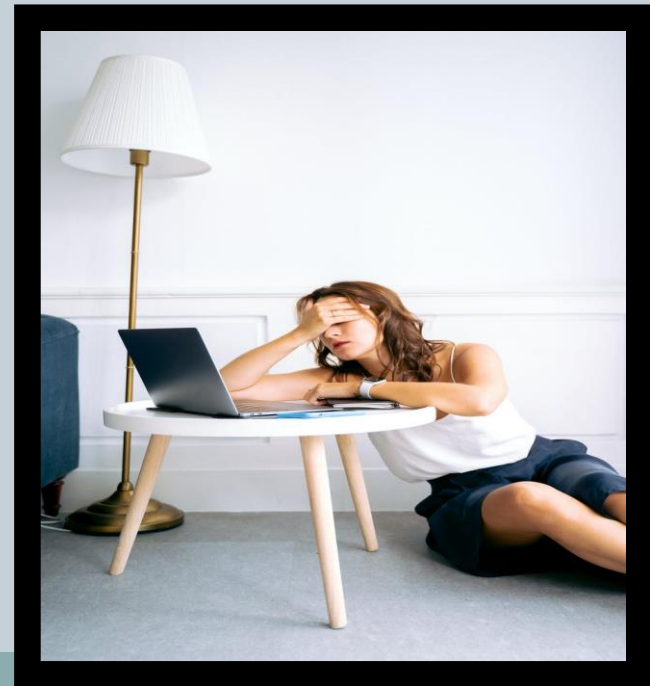


16% decrease in
cortisol
2 % blood
pressure
4% drop in heart
rate

Mental Fatigue



- Our constant daily treadmill of tasks is wearing out our frontal lobes
- “Brain Resting” = soft fascination
- Maximizing our brains – like when exercising – you have to rest between sets



Attention Restoration



Renew
Attention

After
mental
exertion

Stress
ADHD

Previously Established Research



Nature & Psychological Well-Being (PWB)

“The natural world is the most common environment for experiencing “peak” (moments of highest happiness and fulfillment).

Abraham Maslow



“Viewing nature employs the mind without fatigue yet exercises it; tranquilizes it and yet enlivens it “
Fredrick Law Olmstead (1865)



Clinical Observations



What gives you meaning?

Where or when do you feel most alive?

Describe a spiritual moment?

Where or when do you feel closest to God?

What helps you improve your mood?

What helps you put things into perspective?



ANSWER: NATURE

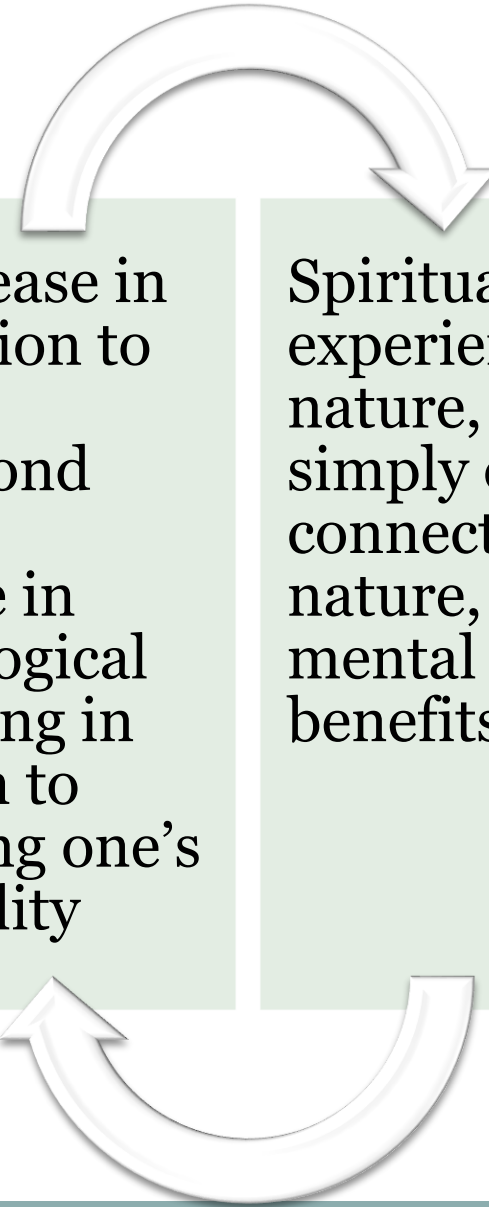


Key Findings



An increase in connection to nature correspond with an increase in psychological well-being in addition to nurturing one's spirituality

Spiritual experiences in nature, not simply one's connection to nature, provide mental health benefits





Mind
(fulness)

- Present Moment
- Soft Fascination

(Body)
Effect

- Shinrin-yoku

Spirit

- Awe
- Transcendence



Distress Tolerance



Awe



Where in nature do you experience AWE, most frequently?



- Mountains & Lakes
- Ocean/Seashore
- Walk in the Woods
- My own backyard

“Nature has the power to heal because it is where we are from, it is where we belong and it belongs to us as an essential part of our health and our survival.”

– Nooshin Razani

Next Steps - Upcoming Events

Nature Immersion Weekends

Backpacking (Introduction)

Women's Therapy Hiking Group

Nature Informed Stress Reduction Group

www.natureinformedtherapy.com



Sun, Apr 18 | Puh'tok in the Pines

*Grand Opening Event! Center for
Nature Informed Therapy*

Center for Nature Informed Therapy will host an open house for the community. All are invited to join in the festivities, which will include a keynote lecture on nature informed mental health, demo sessions, refreshments, music, and a silent auction.

Questions, Thoughts & Comments



References



- Kimmerer, R. Returning the gift. *Minding Nature*
- Lincoln, V. (September, 2000). Ecospirituality: A pattern that connects. *Journal of Holistic Nursing*(18) 3. pp 227-244
- Louv, R. (2013). *The nature principle:Reconnecting with life in a virtual age*. Chapel Hill, North Carolina. Algonquen.
- Mortali, M. (2019). *Rewilding: Meditations, practices, and skills for awakening in nature*. Boulder, Colorado. Sounds True Publishing.