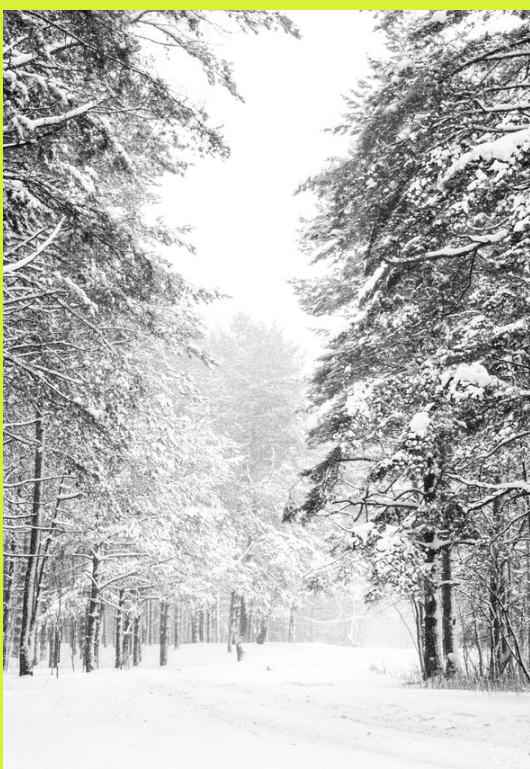


Nature's Nurture

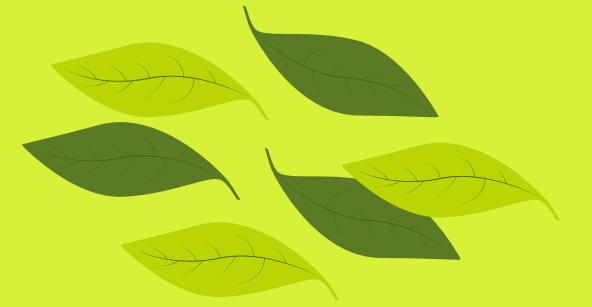
The benefits of interacting with nature are well known. In the article [Ecopsychology, How Immersion In Nature Benefits Your Health](#), Jim Robbins shared results from a 2019 study of 20000 people which revealed that people who spent 2 hours in nature a week were more likely to report good health and psychological wellbeing. As long as people felt safe, more specific benefits included a reduction in anxiety, stress hormone levels, blood pressure, feelings of isolation, characteristics of ADD and aggression, as well as increases in immune system function, self esteem, identity, calmness and lifted mood. Hatala et al (2020), adds that a peoples' perceived health, mental health, resilience, and overall well-being is increased for indigenous and non indigenous groups when they have access to greenspace or natural environments.

When we consider the issue of climate change, this information highlights the importance of our relationships with nature. The benefits help us adapt to the health and social impacts of climate change through doing things that bring us joy, peace, and the conditioning that allows us to face challenges better. Our relationships with nature help us see why mitigating the impacts of climate change through reducing the greenhouse gases that threaten nature is so essential, and it clarifies reasons to get involved in climate action on many levels.



Nature's Nurture

Using the guiding questions below, explore your relationship with nature, and consider how nature nurtures you through the interactions you have with it. Set yourself a small action to increase your interaction, or if you are already interacting with nature regularly, set a small action to reflect on the interactions you have, and how they influence your health and wellbeing. Then identify a climate action you can take that supports your relationship with nature.



Fertilization

06

How does being in nature help develop my interaction with others and an awareness of their needs?

Seed

01

How do I currently interact with nature? Do I use it? Do I relax in it? Do I work in it? Do I seek it out or avoid it?

Pollination

05

How does being in nature help me feel connected with the world?

Germination

02

When I am in nature, how do I grow? What do I learn (about myself, others, or the world) when I spend time in nature?

Flowers

04

How can I share the experiences and benefits I feel from interacting with nature with others?

Seedling

03

How is does being in nature influence my physical and mental health, or my economic security?



Nature's Nurture

NOTE TO SELF

Answers

NOTE TO SELF

Actions

Bibliography

Hatala, A.R., Njeze, C., Morton, D. et al. Land and nature as sources of health and resilience among Indigenous youth in an urban Canadian context: a photovoice exploration. *BMC Public Health* 20, 538 (2020). <https://doi.org/10.1186/s12889-020-08647-z>

Robbins, Jim. "Ecopsychology: How Immersion in Nature Benefits Your Health." *Yale E360*, 9 Jan. 2020, e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health#:~:text=These%20studies%20have%20shown%20that.