



NATURE-BASED WELLBEING WITH YOUNG PEOPLE

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BACKGROUND

Ecological crisis

Nature & wellbeing research

Wellbeing for Future Generations Act (2015)



NATURE & PSYCHOLOGY

Nature
connection/relatedness

Ecopsychology

Nature-based health
services (NHS)

Eco-stress/eco-anxiety
(American
Psychological
Association)

Nature-deficit disorder
(NDD)

Forest schools

Green prescription
(e.g., green health,
green therapy, blue
therapy)

Links between natural environments and mental health: evidence briefing

Purpose of briefing

This briefing note is part of a series that summarises evidence of the relationships between the natural environment and a range of outcomes. This briefing focuses on links between natural environments and mental health. The notes are aimed at: policy makers, practitioners, practice enablers (including Natural England, Natural Resources Wales etc.), local decision makers, and the wider research community. They highlight some of the implications for future policy, service delivery and research. It is intended they will inform practitioner planning, targeting and rationales, but not the identification of solutions or design of interventions. Barriers to access or use are not considered in these notes. The other briefings in the series published so far cover physical activity, obesity, physiological health, connection with nature, and learning. The notes consider evidence of relevance to the UK and outcomes for both adults and children. Please see [EIN016](#) for methodology, glossary and evaluation resources.

Extent of the issue

- Poor mental health represents the largest cause of disability in the UK and rates are on the increase.
- It is a contributory factor in poor physical health and difficulties in maintaining relationships, and acts as a barrier to full participation in education and the workplace.
- The [Mental Health Foundation](#) highlights that 1 in 4 people in England will experience a mental health problem in any given year, and 50 percent of long-term mental health problems are established by age 14 and 75 percent by age 24.
- The costs of mental health problems to the UK economy are estimated to amount to £70-£100 billion each year, around 4.5 percent of GDP¹.

Summary statement

There is a growing body of evidence which tends to demonstrate a positive association between a) population level exposure to natural environments and b) individual use of natural environments, and a variety of positive mental health outcomes. Impacts appear to differ according to socio-economic status and other demographic factors such as age or gender. Interventions which make use of natural environments as settings for mental health promotion or therapy tend to show weak but positive outcomes and are found to be cost effective. Whilst there is an increasing amount of robust research, where confounding factors which may affect the relationship are controlled for, some of the existing evidence comes from the types of studies which may be subject to certain types of bias, and which can't tell us whether exposure



Nature Connections 2016

Conference Report: Implications for Research and Practice

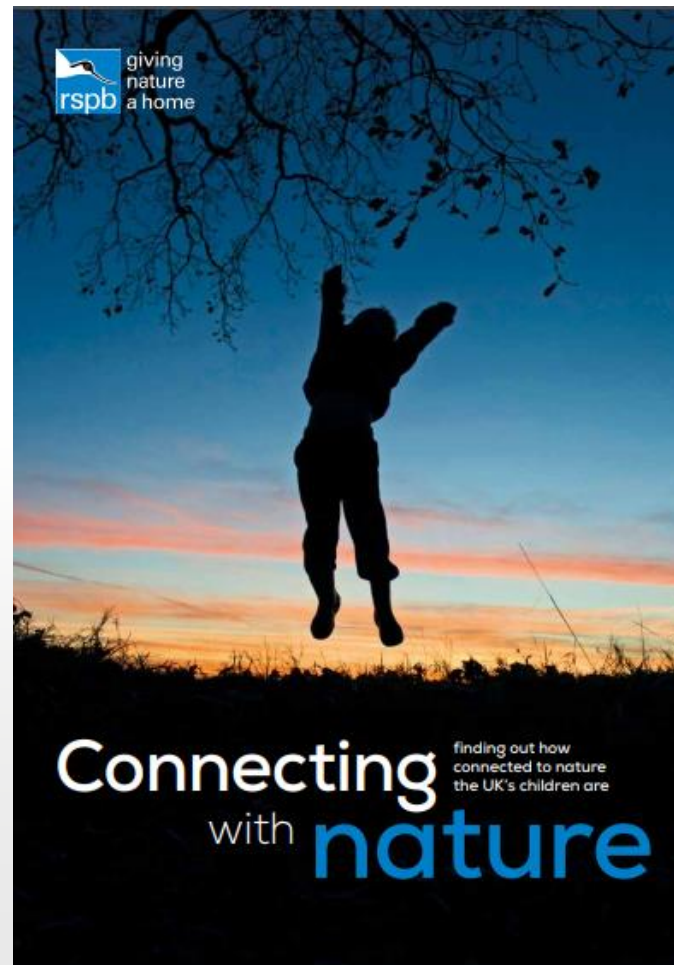
March 2016

 #NICx2016



College of Life and Natural Sciences

 UNIVERSITY
of DERBY



 giving
nature
a home

Connecting
with **nature**

finding out how
connected to nature
the UK's children are

WORLD BEFORE COVID-19

Natural health service: wildlife volunteers get mental health boost

Research supports the idea that nature could be widely prescribed by doctors as a therapy, easing the burden on the NHS



Damian Carrington Environment editor

Access to nature reduces depression and obesity, finds European study

Trees and green spaces are unrecognised healers offering benefits from increases in mental wellbeing to allergy reductions, says report



▲ Hardcastle Crag, West Yorkshire. The study cites research that 26% of England's black and minority ethnic populations visit natural environments less than three times a year. Photograph: Rebecca Cole/Alamy

COVID-19

[Home](#) > [Campaigns](#) > [Nature](#) > Why nature was the theme for Mental Health Awareness Week 2021

Why nature was the theme for Mental Health Awareness Week 2021

8 April 2021

'There is something to be wondered at in all of Nature' - Aristotle

In the first lockdown, I called an elderly friend. She lives alone and had recently had a fall. Separated from her community, she had lost all in-person contact. When I asked her how she had got through it, she told me it was taking daily comfort from watching the birds sing to each other on the fence and the flowers re-emerge from the frosts of winter.

During long months of the pandemic, millions of us turned to nature. Our [research on the mental health impacts of the pandemic](#) showed going for walks outside was one of our top coping strategies and 45% of us reported being in green spaces had been vital for our mental health. Websites which showed footage from webcams of wildlife saw hits increase by over 2000%. Wider studies also found that during lockdowns, people not only spent more time in nature but were noticing it more.

It was as if we were re-discovering at our most fragile point our fundamental human need to connect with nature.



Mark Rowland
Chief Executive

Nature and our mental health

Mental health

This article is more than 5 months old

Nature on prescription: wetlands project aims to boost mental health

London Wetlands Centre to run courses focusing on wildlife beauty as therapy to help alleviate depression and anxiety



The WWT London Wetland Centre, where the 'blue prescribing' project will take place.
Photograph: WWT/PA

Damian Carrington
Environment editor

[@dpcarrington](#)

Thu 13 May 2021 06:00 BST



Science and nature
books

Michael McCarthy

Sat 3 Oct 2020 09:00 BST



Nature got us through lockdown. Here's how it can get us through the next one



Illustration: Kerry Hyndman

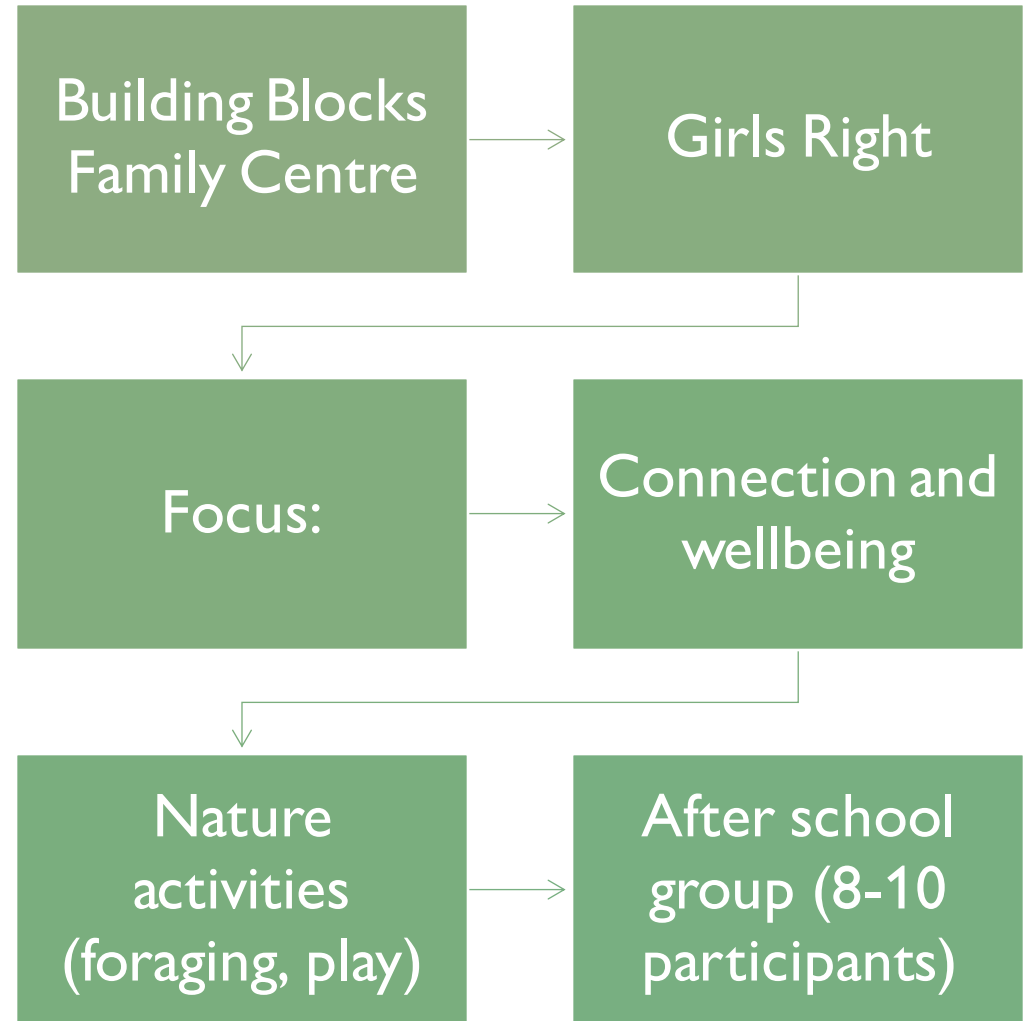
The natural world thrived in this year of chaos - and its healing powers remain, if we know where to look



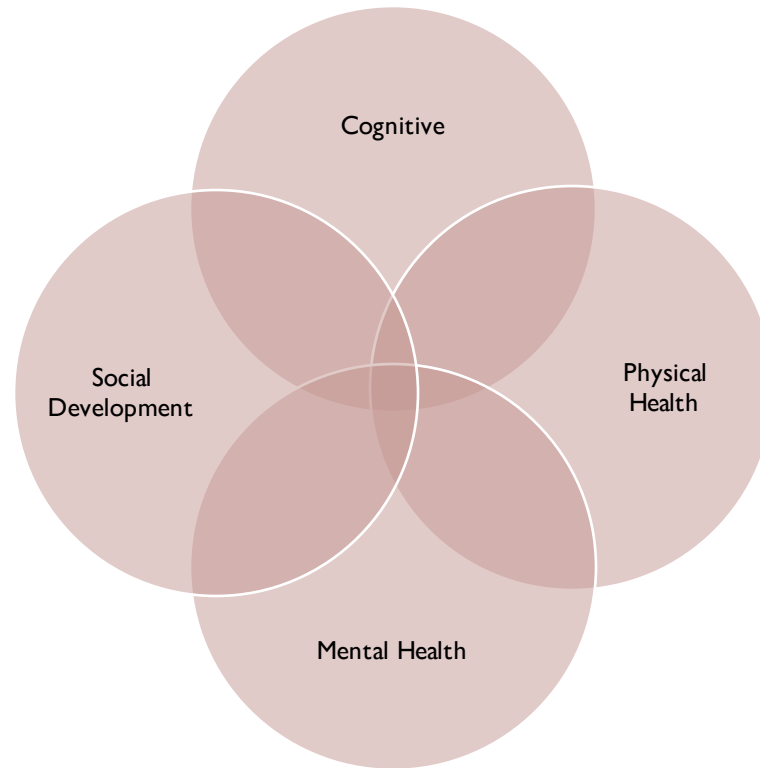



CoedLleol
SMALL WOODS WALES

YOUNG PEOPLE



BUILDING BLOCKS(NATURE AS THERAPY)



Alexandria Engineering Journal
Volume 58, Issue 1, March 2019, Pages 353-366



Original Article

Nature as a healer for autistic children

Hadeer Abd-El-Razak Barakat , Ali Bakr, Zeyad El-Sayad

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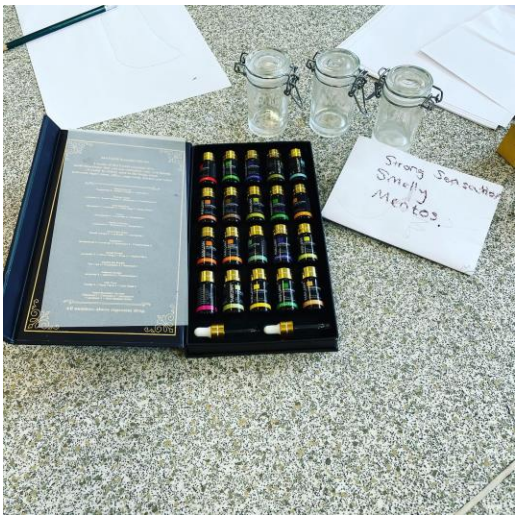
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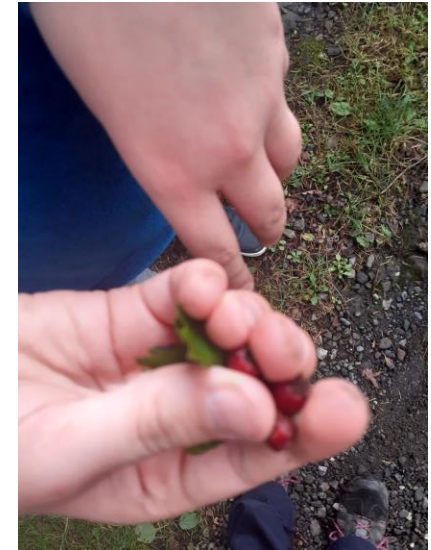
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Abstract

The reason of many symptoms of autistic children is sensory integration, it is the power to understand, organize and feel sensory data from the environment and body. The issues surrounding sensory integration are presented in hyposensitive and hypersensitive a reaction by children with autism to the vestibular, proprioception, tactile, audio, visual, and olfactory senses.

The aim of this paper is establishing a group of guidelines for designing a therapeutic garden for children with Autism Spectrum Disorder to treat the sensory integration problems of children with ASD by designing a sensory garden which should focus on therapeutic interference. By using the elements and principles of design, guidelines for this garden focused on producing calming effects for hyper reactive children with ASD and stimulating effects for hypo reactions.









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