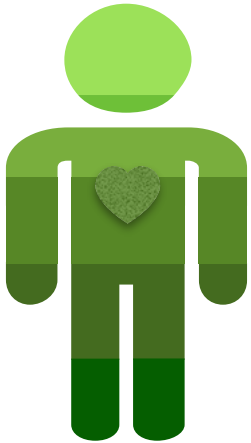


CONTACT WITH NATURE



FRACTALS dampen stress

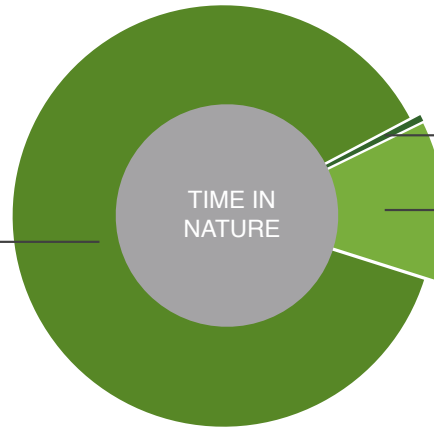
PLANT CHEMICALS put us at ease

NATURAL SOUNDS aid relaxation

SUNLIGHT relieves mood & tiredness

SOIL BACTERIA lower stress & inflammation

2 hours per week enables health benefits



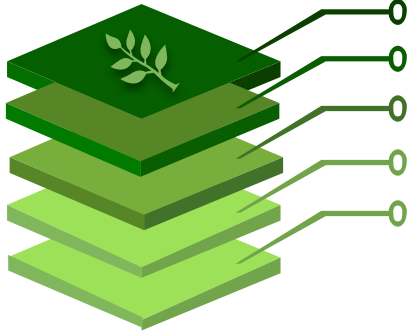
40 secs restores attention

25 mins activates creative thinking

NATURE & HEALTH

The scientific benefits of connecting with Nature in places where we live

CONNECTION WITH NATURE



SENSES

- How does nature engage your senses?

EMOTION

- How does nature make you feel?

MEANING

- What does wildlife and natural places mean to you?

BEAUTY

- How can you engage with the beauty of nature?

COMPASSION

- What action could you take to benefit nature?

5 PATHWAYS TO NATURE CONNECTION

83%

Happier In nature

1.7X

Higher life Satisfaction

63%

Greater self esteem

3.5X

Pro-nature behaviour

15%

Increase in productivity

2X

Pro-environment behaviour

NATURE IN TOWNS & CITIES

24%

Reduction in all cause mortality

10%

10% less green space, -5 years life expectancy

27%

More likely to be overweight

24%

More likely to be physically active

8%

Reduction in urban green space 2001-18

38%

B.A.M.E. communities green space-deprived



Closer

IMPACT OF DISTANCE FROM NATURAL GREEN SPACE

Further away



www.humannaturepartnership.com

www.naturalcoachingcompany.com