Some of the potential outcomes from Nature, Health and Wellbeing interventions

Psychological (Personal)

- Stress reduction
- Anxiety reduction
- Self esteem improvements
- Purpose and meaning development
- Improved concentration

Social

- Occupation
- Inclusion
- Public life and work
- Social support

Emotional (Personal)

- Managing complex challenging feelings
- Improvement in mood
- Positive & optimistic feelings
- Inspiration and wonder

Participant

Environmental

- Sense of place
- Pro-environmental behaviours
- Conservation
- Valuing the natural world

Physical (Personal)

- Greater Activity and fitness
- Immune system support
- Central nervous system support
- Biome support

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