

European Conference on Positive Psychology

Pre Conference Workshop



DR. HOLLI-ANNE PASSMORE

**Connecting ourselves to nature:
An informative, interactive, practical workshop**

1 July 2026 | Dublin, Ireland

Resource Booklet

stuff in this booklet

Blue Sky Space for Pondering p. 4

Thinking about nature
Thinking about nature subtraction
Planning for staying connected to nature

Worksheets p. 5

Screen-to-Sky Ratio (worksheet)
Nature Connectedness Assessment (worksheet)
Nature Connection Pathways (worksheet)
Character Strengths (worksheet)
Nature Sensual Awareness Inventory (worksheet)
Nature Subtraction (worksheet)

Nearby-Nature Positive Psychology Interventions p. 12

Noticing Nature Intervention (NNI) *
3 Good Things in Nature Intervention (3GTiN) *
Character Strengths *in* Nature (CSiN) *
Character Strengths *with* Nature (CSwN) *
Character Strengths + Nature Connection Pathway (CS-NCP) *
Gratitude Letter to Nature
Beauty & Excellence Character Strength *for* Nature (CSB/EfN) *

* *evidence based PPI – reference article provided on respective individual pages*



Info: Theories, Frameworks, Concepts, Research p. 16*Theories*

Biophilia Hypothesis
Attention Restoration Theory
Perceptual Fluency Account

Frameworks

Eco-Existential Positive Psychology Framework
Nature and Meaning in Life
Nature Connection Pathways

Concepts

Time in Nature / Connecting with Nature vs. Nature Connectedness

Research

Benefits of listening to bird songs and nature sounds
Nature connectedness and wellbeing

Nature-Based Resources p. 22*Books**Sounds**Videos**Websites***References p. 26**

Acknowledgments

All of life is interconnected. No part of our lives is possible without contributions from our fellow travellers in this grand adventure of living and learning. This workshop would not be possible without the knowledge, wisdom, and support of my colleagues and collaborators with whom I am blessed to work with, along with efforts of the myriad of researchers investigating our relationship to the other-than-human natural world.

Blue Sky Space for Pondering



Worksheets

Screen-to-Sky Ratio

Nature Connectedness Assessment

Character Strengths

Nature Sensual Awareness Inventory

Nature Subtraction



Screen-to-Sky Ratio

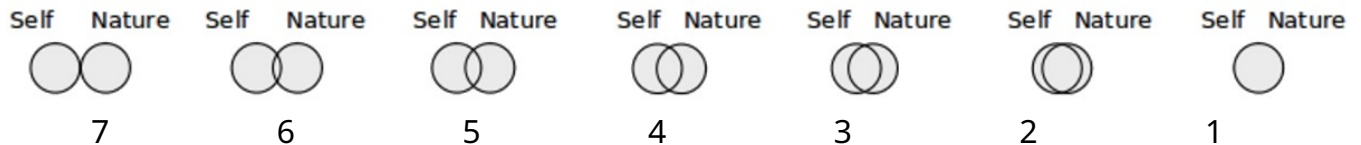
day	minutes: computer screen	minutes: smart phone screen	minutes: TV / tablet screen	TOTAL (sum) screen time (TST)	minutes: SKY	Screen-to-Sky Ratio (TST / sky) : 1
<i>e.g. June 20</i>	240	60	180	480	20	24 : 1

Try tracking your screen-to-sky time ratio. Each day enter how many minutes you spent looking at a screen (computer, smart phone, TV or tablet). Estimates are fine. Then sum your total screen time. Enter how many minutes you spent looking at the sky (even through a window counts!). Then calculate your Screen-to-Sky ratio.

Nature Connectedness Assessment Worksheet

*Inclusion of Nature in Self*¹

Please choose the picture below that best describes your relationship with the natural environment.



*Connected to Nature Scale*²

Please answer as honestly and candidly as you can.

- _____ 1. I often feel a sense of oneness with the natural world around me.
- _____ 2. I think of the natural world as a community to which I belong.
- _____ 3. I recognize and appreciate the intelligence of other living organisms.
- _____ 4. I often feel disconnected from nature.
- _____ 5. When I think of my life, I imagine myself to be part of a larger cyclical process of living.
- _____ 6. I often feel a kinship with animals and plants.
- _____ 7. I feel as though I belong to the Earth as equally as it belongs to me.
- _____ 8. I have a deep understanding of how my actions affect the natural world.
- _____ 9. I often feel part of the web of life.
- _____ 10. I feel that all inhabitants of Earth, human, and nonhuman, share a common “life force”.
- _____ 11. Like a tree can be part of a forest, I feel embedded within the broader natural world.
- _____ 12. When I think of my place on Earth, I consider myself to be a top member of a hierarchy that exists in nature.
- _____ 13. I often feel like I am only a small part of the natural world around me, and that I am no more
important than the grass on the ground or the birds in the trees.
- _____ 14. My personal welfare is independent of the welfare of the natural world.

Scoring:

Reverse score Qs 4, 12, 14; then sum responses.

Total score can range from 14 to 98.

My Score: _____

- 1 Schultz, P. W. (2001). Assessing the structure of environmental concern: concern for the self, other people, and the biosphere. *Journal of Environmental Psychology*, 21, 327–339. [https://doi: 10.1006/jevp.2001.0227](https://doi.org/10.1006/jevp.2001.0227)
- 2 Frantz, C.M.P., Mayer, F.S. (2014). The importance of connection to nature in assessing environmental education programs. *Studies in Educational Evaluation*, 4185-4189. <https://doi.org/10.1016/j.stueduc.2013.10.001>

Nature Connection Pathways Worksheet ³

In the table below are 18 nature-based activities that you could choose to do during a typical week whether indoors or outdoors. Imagining that the opportunity was available to you to participate in them all, please rate each activity based upon your level of interest in performing it.

	1	2	3	4	5	6	7
	No						Very
	Interest						interested

Scoring for pathways:

Each pathway score ca range from 3 to 21.

Senses:	sum items 1, 2, 3	My score for Senses Pathway:	_____
Beauty:	sum items 4, 5 6	My score for Beauty Pathway:	_____
Meaning:	sum items 4, 5 6	My score for Meaning Pathway:	_____
Emotion:	sum items 4, 5 6	My score Emotion Pathway:	_____
Compassion:	sum items 4, 5 6	My score Compassion Pathway:	_____

³ Lumber, R., Niemiec, N., Passmore, H.-A. (in preparation). Character strengths and nature connection pathways

Character Strengths Worksheet

Think about which of these strengths you identify with. Now, **choose the top 5** that are most energizing, easy to use, and are most core/essential to who you are.

<i>virtue of transcendence</i>				
appreciation of beauty & excellence: - awe and wonder for beauty, admiration for skill and for moral greatness	gratitude: - thankful for the good, expressing thanks, feeling blessed	hope: - optimism, positive future-mindedness, expecting the best & working to achieve it	humour: - playfulness, bringing smiles to others, lighthearted, seeing the lighter side	spirituality: - connecting with the sacred, purpose, meaning, faith, religiousness

<i>virtue of temperance</i>			
forgiveness: - mercy, accepting others' shortcomings, giving people a second chance, letting go of hurt	humility: - modesty, letting one's accomplishments speak for themselves	prudence: - careful about one's choices, cautious, not taking undue risks	self-regulation: - self-control, disciplined, managing impulses, emotions, & vices

<i>virtue of humanity</i>			<i>virtue of justice</i>		
love: - both loving and being loved, valuing close relations with others, genuine warmth	kindness: - generosity, nurturance, care, compassion, altruism, doing for others	social intelligence: - aware of the motives and feelings of oneself and others, knows what makes others tick	teamwork: - citizenship, social reciprocity, loyalty, contributing to a group effort	fairness: - adhering to principles of justice, not allowing feelings to bias discussions about others	leadership: - organizing group activities to get things done, positively influencing others

<i>virtue of courage</i>			
bravery: - valour, not shrinking from threat or challenge, facing fears, speaking up for what's right	perseverance: - persistence, industry, finishing what one starts, overcoming obstacles	honesty: - authenticity, being true to oneself, sincerity without pretense, integrity	zest - vitality, enthusiasm for life, vigour, energy, not doing things half-heartedly







<i>virtue of wisdom</i>				
creativity: - original, adaptive, ingenuity, seeing and doing things in different ways	curiosity: - interest, novelty-seeking, exploration, openness to experience	judgment: - critical thinking, thinking through all sides, not jumping to conclusions	love of learning: - mastering new skills & topics, systematically adding to knowledge	perspective: - wisdom, providing wise counsel, taking the big picture view

©Copyright 2004-2026, VIA Institute on Character. All rights reserved. Used with permission. www.viacharacter.org

Nature Sensual Awareness Inventory Worksheet ⁴

Adapted from Burns 1998, 1999

Under each heading, list 10-20 nature-related items or activities from which you get pleasure, enjoyment, or comfort. Try to focus on everyday nearby-nature related items or activities.

					
Sight	Sound	Smell	Taste	Touch	Activity

⁴ Burns, G. W. (1998). Nature-guided therapy: Brief integrative strategies for health and well-being. Taylor & Francis.
 Burns, G. W. (1999). Nature-guided therapy: A case example of ecopsychology in clinical practice. Australian Journal of Outdoor Education, 3(2), 9-14.

Nature Subtraction Worksheet⁵

Adapted from Koo et al., 2008

Think about this in terms of the Nature Connection Pathways

- ~ Think about how your physical senses are awakened by aspects of nearby nature and the joy it brings you. (Refer back to your Nature Sensual Awareness Inventory.)
- ~ Think about the range of positive emotions and the emotional regulation and cognitive restoration that nearby nature inspires and provides for you.
- ~ Think about the beauty of nature that surrounds you in your daily life: the small—but precious—and the larger aspects of nearby natural beauty.
- ~ Think about the meaning that nearby nature provides to your life: the sense of transcendent connectedness or perhaps spirituality, and of perspective and life fitting into a large scheme, that engaging with nearby nature provides. Think about how even just looking at the sky provides an opportunity to momentarily ponder on life or to simply let your mind wander and refresh your attention and focus.

Now imagine what your life would be like if nearby nature were no longer in your life, or if you stopped noticing the nature you encounter in your everyday routine. Think about how you would miss out on experiencing a myriad of physical sensations and their associated joy. Think about the detriment to your emotional wellbeing that would occur. Think about how much less pleasing, aesthetically, your surroundings would look. And think about the lost opportunities to experience moments of meaning in your life.

Now shift your focus back to all the benefits that nearby nature provides to you. Now that you have considered how your life would be different and impoverished without that nearby nature. Appreciate that these benefits will not occur if you don't notice the nearby nature you encounter in your daily routine, or if that nearby nature ceases to exist. Allow yourself to feel compassion for nature, and act to preserve the biodiversity and health of the nearby nature in your neighbourhood and city, and the biodiversity and health of wild nature that exists outside of urban areas. As you about your day, keep in mind how you can give back to nature and the interconnected system that supports *all* life on Earth. (Refer back to the Beauty & Excellence Character Strength *for* Nature PPI.)

5 Koo, M., Algoe, S. B., Wilson, T. D., & Gilbert, D. T. (2008). It's a wonderful life: Mentally subtracting positive events improves people's affective states, contrary to their affective forecasts. *Journal of Personality and Social Psychology*, 95(5), 1217–1224. <https://doi.org/10.1037/a0013316>
See also: https://ggia.berkeley.edu/practice/mental_subtraction_relationships and <https://ameaningoflife.org/wp-content/uploads/2022/12/Mental-Subtraction.pdf>

Nearby-Nature Positive Psychology Interventions

Noticing Nature Intervention

3 Good Things in Nature

Character Strengths *in* Nature

Character Strengths *with* Nature

Character Strengths + Nature Connection Pathway

Gratitude Letter to Nature

Beauty & Excellence Character Strength *for* Nature



Noticing Nature Intervention (NNI) * 6

Each day, for the next two weeks, notice how the everyday nature you encounter in your daily routine makes you feel. Then, each night, jot down what nature you encountered and the emotions this nature evoked, which emotions you felt.

3 Good Things in Nature (3GTiN) * 7

Each day, for the next week, notice and jot down three good things you encountered in everyday nature.

Character Strengths in Nature (CSiN) * 8

Each day, for the next 7 days, look for examples of your top character strengths in the nature you encounter in your daily routine. Take note of these examples and each night jot these down. Note: This exercise is about observing how nature display character strengths you identify with.

Character Strengths with Nature (CSwN) * 7

Each day, for the next 7 days, use your top character strength (the one that is most energizing, easy to use, and most core/essential to who you are) in one new way each day to connect more with nature. Each night, jot down how you used your character strength to connect more with nature that day.

Character Strengths + Nature Connection Pathway (CS-NCP) * 9

Each day, for the next 10 days, use your top character strength to more fully engage with the nature connection pathway(s) that you are most drawn to. Each night, jot down which nature connection pathway you more fully engaged with that day with your character strength, and how you did that.

* evidence-based PPI in a randomized control trial experimental study

6 Passmore, H.-A., Sabine, S., & Yang, Y. (2025). Comparing the well-being benefits of engaging in two positive psychology interventions: The Noticing Nature Intervention (NNI) vs Three Good Things (3GT). *The Journal of Positive Psychology*, 1-12. <https://doi.org/10.1080/17439760.2025.2569079>
See also: Passmore & Holder, 2017; Passmore et al., 2022a, Passmore et al., 2022b.

7 Passmore, H.-A., Mangat, A. Dhanoa, T., Schmitt, M. T., Mackay, C. M. L., Richardson, M., Howell, A. J., & Lutz, P. K. (2025). Enhancing personal and planetary well-being: A comparative study of the "3 Good Things" and "3 Good Things in Nature" interventions. *International Journal of Wellbeing*, 15(4), 4233. <https://doi.org/10.5502/ijw.v15i4.4233>

8 Passmore, H.-A., Lumber, R., Niemiec, R., & Sofen, L. I. (2025). Creating kinship with nature and boosting well-being: Testing two novel character strengths-based nature connectedness interventions. *Journal of Happiness Studies*, 26(71). <https://doi.org/10.1007/s10902-025-00900-9>
See also: Lumber et al., 2023.

9 Passmore, H.-A., Lumber, R., Niemiec, R., Chhajer, R., Lucas, M. Y., Verguo, V. C., & Diessner, R. (manuscript in preparation). *Character strengths and nature connection pathways: Novel interventions to nature connectedness, pro-nature behaviours, and individual wellbeing*.

Gratitude Letter to Nature ¹⁰

Preparation:

Call to mind your experiences with and/or in nature. What about nature are you most grateful for?

As you prepare to write, what emotions are arising? Explore and express how nature brings meaning to your life. Describe in specific detail why you are grateful and how nature has affected your life.

Writing your letter:

- Write as though you are addressing the natural place or thing directly.
- Don't worry about grammar or spelling
- Allow yourself to enjoy this experience

Share:

Once you have finished writing your letter to nature, share your letter! You could share it with a close loved one, or you could even share it with nature herself in a special spot.



¹⁰ Peterson, M. M. (2024). Toward a culture of connection: Sharing a love letter to nature. *Masters of Applied Positive Psychology, Capstone Project*. Under supervision and in collaboration with H.-A. Passmore.

Beauty & Excellence Character Strength *for* Nature (CSB/EfN) * 11

Spend a few minutes thinking about ways that you might better care for nature or the environment. It doesn't matter how big or small of actions you think of. You could jot these down on a notepad if you want.

Now we would like you consider the character strength of appreciation of beauty and excellence. Those who express an appreciation of beauty & excellence notice and appreciate beauty, excellence and/or skilled performance in all domains of life, from nature to art to mathematics to science to everyday experience.

Now we'd like you to "take action". For the next 10 days, we'd like you to utilize the character strengths of appreciating beauty & excellence to carry out one action (big or small) per day to care for nature and/or the environment. Then each night, jot down what pro-nature/pro-environmental action you engaged in, and how you used the character strength of appreciation of beauty and excellent to accomplish that action, or how you used that strength to inspire you to engage in that pro-nature action.



* evidence-based PPI in a randomized control trial experimental study

11 Passmore, H.-A., Lumber, R., Niemiec, R. Chhajer, R., Lucas, M. Y., Verguo, V. C., & Diessner, R. (manuscript in preparation). *Character strengths and nature connection pathways: Novel interventions to nature connectedness, pro-nature behaviours, and individual wellbeing.*

Info: Theories, Frameworks, Concepts, Research

Theories:

Biophilia Hypothesis

Attention Restoration Theory

Perceptual Fluency Account

Frameworks

Eco-Existential Positive Psychology Framework

Nature & Meaning in Life

Nature Connection Pathways

Concepts

Time in Nature / Connecting with Nature vs. Nature Connectedness

Research

Benefits of Listening to bird songs and nature sounds

Nature connectedness & wellbeing



Theory: Biophilia Hypothesis

The Biophilia hypothesis argues that as human animals we have an evolved innate propensity to affiliate with all of life – including nature-- and to respond with emotional intensity to it. This last part is usually not mentioned when people cite the biophilia hypothesis, yet it's a vitally important aspect of it! Wilson himself specifically wrote of biophilia as an “innately emotional” affiliation (1993). Much data supports the Biophilia Hypothesis (see meta-analyses: Gaekwad et al., 2022, 2023) with data demonstrating that an emotional connection to nature is evident across the globe (Passmore et al., 2023a; see also review Van den Born et al., 2024). Remember, that “for 95% of our existence, we lived as one species among many, depending on intimate relations with surrounding ecosystems” (Kim et al., 2023, p. 360).

Theory Attention Restoration Theory

The context for the Kaplans' Attention Restoration Theory (ART; 1995, 2011) is also evolutionary, in that as a species we evolved with a limited capacity for directed attention, which when taxed results in poorer decision making, less self-control, and downstream negative impacts on emotional wellbeing. Thus, we prefer—and are restored by—environments which meet our informational processing needs. Environments that are more natural, wherein stimuli is “softly fascinating” and captures our indirect attention, are more aligned with the environments we evolved in. ART is supported by a large body of research (see reviews by Moll et al., 2022; Ohly et al., 2016; Stevenson et al., 2018). ART assumes a cumulative effect whereby repeated restorative experiences in nature produce beneficial distal outcomes (Hartig, 2021).

Theory: Perceptual Fluency Account

Perceptual Fluency Account (PFA; Joye & van den Berg, 2011) argues that, given that we evolved in natural environments, our visual systems more fluently process aspects of natural environments than of urban environments. In particular, PFA notes that the mathematical structure of natural vs built objects and environments are different in their essence (Cheung & Wells, 2004; Joye, 2007). While human-built objects and environments are in large part characterized by (smooth lines and regular shapes, nature is comprised of fractals (objects that are characterized by boundaries of roughness, irregularity, and, in particular, self-similarity at different scales). Indeed, fractals have been dubbed “a fingerprint” of nature (Taylor et al., 1999, p. 422).

Viewing natural objects and scenes requires fewer cognitive resources, which in turn is accompanied by cognitive restoration and positive affect. Moreover, as creatures who are part of nature, the construction of our bodies is also characterized by fractals (Captur et al., 2017; Leggett et al., 2019; Seely et al., 2014). Indeed when speaking to the restorative properties of nature and our innate pull to nature, Franco Orsucci, clinical professor, scientist and co-founder of the Centre for the Excellence in Mental Health Sciences at the University of Amsterdam, noted how “Our inner fractals can resonate with the outer fractals, and we can have a kind of continuity and a sense of wholeness with the environment” (as quoted in Lipton, 2020).

Framework: Eco-Existential Positive Psychology Framework

The following overview is excerpted from the full article of Passmore and Howell (2014).

The theoretical framework of Eco-Existential Positive Psychology (E-EPP; Passmore & Howell, 2014) expounds on how nurturing our innate biophilic tendencies to affiliate with and respond emotionally to nature helps us assuage our existential anxieties. Note that existential "anxieties" are merely issues we all deal with simply because we exist. Issues relating to identity, isolation, meaning in life, freedom, happiness, and mortality or death. The following overview is excerpted from the full article.

Identity: Underlying all the facets of existential anxiety is the most primordial existential anxiety of all—an anxiety not regarding “who am I as an isolated, individual human seeking happiness, meaning, and freedom?”, but rather, an existential anxiety regarding “who am I as a human in a larger natural world?” As a species we have long compared ourselves to other animals to define the boundaries of our uniqueness (*see also book suggestions: The Arrogant Ape*).

Isolation: Connecting with nature helps to reduce our existential loneliness and isolation. Connecting with nature helps us recognize that we are not isolated beings, we are, in fact, part of a much bigger whole system of life. Moreover, research also shows that when we engage with nature we also feel more connected to other people, perhaps in part because we are more pro-social). [Recent research demonstrates the potential efficacy of prescribing time in nature to reduce emotional loneliness – see Astell-Burt et al., 2024; Sachs et al., 2024).

Meaning in Life: See next section.

Freedom: Nature has long been linked to feelings of spontaneity, authenticity, and freedom. Nature provides us with a space where we are free to be our true selves, away from the expectations that society imposes on us. Several studies support the link between exposure to nature and greater feelings of freedom and authenticity.

Happiness: Essentially everything this workshop is about!

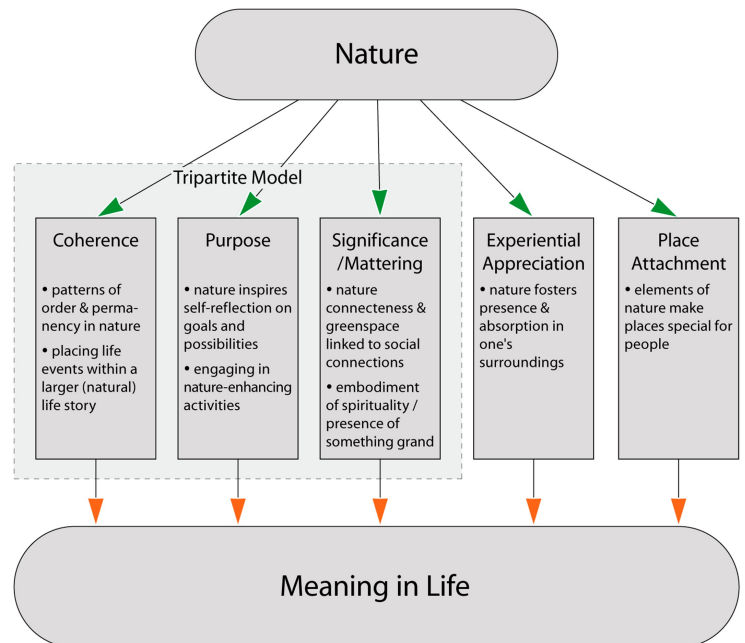
Death: Connecting with nature -- embedding oneself into a larger circle and cycle of life and existence – helps assuage our personal larger existential anxiety over the fact that we are mortal – we are going to die – by providing a symbolic immortality and experiential transcendence.



Framework: Nature and Meaning in Life

The following overview is excerpted from the full review article of Passmore and Krause (2023).

A growing body of quantitative research exists evidencing a link between relating to nature and enhanced meaning in life. And this is evident around the world. Indeed, Gallup World Poll data evidenced that for people across the globe an emotional connection to nature remains a significant contributor to meaning even when considering (i.e., nature is on par with) a connection to religion or spirituality and a connection to other people. This global data suggests that a meaningful life and satisfying our basic psychological need for relatedness is not just about relationship with other people, how connected we feel to nature plays an equally important role. Indeed, connecting with nature boosts our meaning in life (MIL) via each aspect of MIL – coherence, mattering, purpose – along with experiential appreciation and place attachment.



Experiential Appreciation: This aspect of MIL is about appreciating the beauty of life by valuing and being present in the moments of one's life. Meaningful nature experiences have been shown to lead to increased awareness and sensory perception. Nature fosters absorption in one's surroundings.

Coherence: With respect to MIL, coherence refers to an intuitive feeling or cognitive understanding that the world makes sense. This includes identifying with elements of stable patterns and permanency, feeling that one's life makes sense and fits within a larger scheme. In nature, deep patterns of order and permanency exist in nature. Observing and reflecting upon such natural patterns have been noted to provide comfort and a sense that the world makes sense.

Significance / Mattering: This aspect of MIL includes grand, transpersonal feelings of communion (e.g., transcendent connectedness). Engaging in nearby-nature based PPIs (see PPI section) has consistently shown to boost transcendent connectedness. Further, these feelings can be viewed as an aspect of nonreligious spirituality, a particularly potent source of mattering. Qualitative studies and the literature within religious studies and other disciplines suggest that nature is often viewed as an embodiment of spirituality, such that nature is commonly included in measures of sources of spirituality.

Purpose: Understanding one's purpose in life necessarily requires time for self-reflection. Empirical evidence suggests that natural spaces are notably preferred for such self-reflection, and when exposed to nature, people report a greater ability to self-reflect. An abundance of evidence demonstrates that engaging in nature-enhancing and nature-protective activities provides purpose to people's lives. Further, meta-analytic findings provide solid evidence of a robust link between pro-environmental behaviour and meaning in life.

Framework: Nature Connection Pathways

The following information is from the website of Dr. Ryan Lumber, the researcher and creator of the Nature Connection Pathways Framework. (See Website section for URL.)

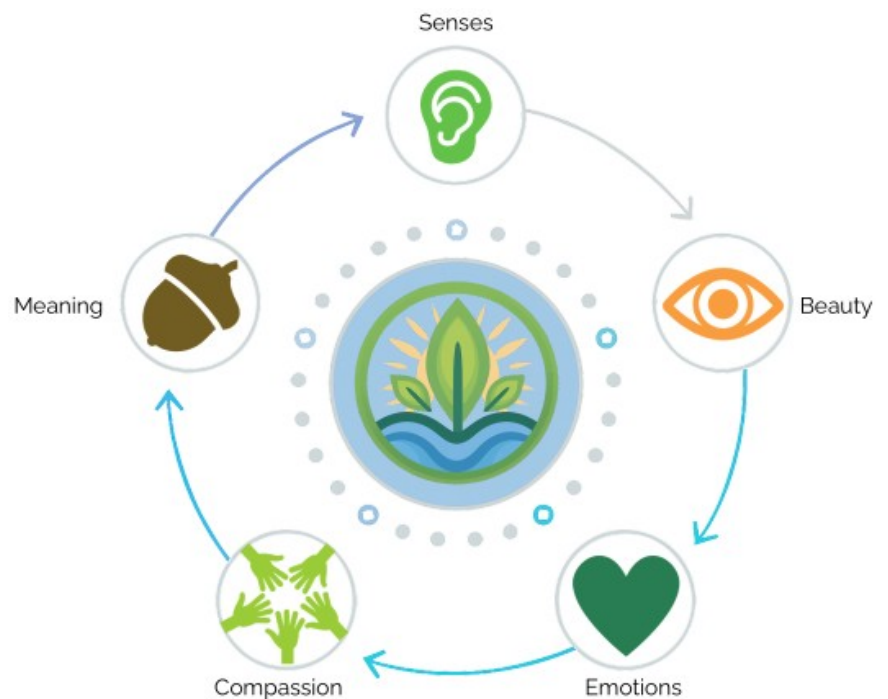
Senses: One of the most natural ways we connect with the world around us is through our senses and our relationship with nature is no different. Experiencing nature through sound, sight, smell, taste, and touch might sound simple, but this often taken for granted way of relating is a powerful way to engage and reconnect with the more-than-human world to which we belong. *Engage.*

Beauty: One of the ways in which nature's beauty can help us reconnect is through the awe it creates within us and the realisation that we are but a small part in a much wider natural world. Noticing the things you find beautiful in nature is an excellent way to reconnect with it. *Notice*

Emotions: The natural world can move us, whether feeling joy for a sunny day or the sense of calm from watching the sea, nature plays an important role in our emotions. Expressing the full range of emotion in and through nature is an important way in which we can reconnect, be the processing of grief through to joy and contentment. *Feel*

Compassion: The way in which we act towards the rest of the natural world says a lot about our relationship with it and acting compassionately also helps us reconnect. Showing compassion for all of nature in the things that we do not only helps the rest of nature to thrive but it also helps reaffirm the love and care we have for the natural world. *Act*

Meaning: Finding a sense of meaning and discovering the magic of nature is a vital part of reconnecting with nature as it helps us move beyond the narrow focus on ourselves and widens our attention to greater world around us as we transcend the self and feel part of nature. *Discover*



Concepts: Time / Connecting vs. Nature Connectedness

Connecting with nature, engaging with nature, spending time in nature – these are verbs, actions. Nature connectedness is a construct relating to the quality of your relationship with nature, to your subjective sense of connection with the natural world (Capaldi et al. 2015;). To what degree do you think, feel, and behave as though you are a part of nature, interconnected with it. I'll give you some examples, as this is something I constantly see people conflate.

Social relationships provide a useful analogy here. How much time you spend around people is one thing, but the quality of your relationships, how connected you feel to these people, is something entirely different. You might spend a lot of time surrounded by people but feel quite disconnected from them. Or you might spend little time around someone, but feel strongly connected to them. Time around people is not necessarily the same as your subjective impression of the quality of your relationships, how you experience the relationship. Similarly, the construct of nature connectedness captures the experiential, emotional, and cognitive relationship a person has with the natural environment.

Research: Nature connectedness and wellbeing

An abundance of research consistently demonstrates the clear links between nature connectedness and numerous aspects of wellbeing (see reviews: Capaldi et al., 2014; Pritchard et al., 2020; Wu & Jones, 2022, Zeng et al, 2025).

Yet most research looks at one or the other, most often with a focus on time in nature (Bardhan et al., 2023; Meredith et al., 2020; Oh et al., 2017; White et al., 2019), particularly with respect to wellbeing. But some pretty interesting findings emerge when you put both time and nature connectedness into the equation. For example, we (Richardson et al., 2021) looked at predictors of wellbeing and illbeing and we included both time in nature and nature connectedness. Nature connectedness emerged as the major driving variable in the prediction of higher wellbeing and lower illbeing. Indeed, nature connectedness completely dominated all other nature-related factors in predicting a sense that one's life is worthwhile, and illbeing (that is, anxiety and depression). These findings speak to the powerful impact that nature connectedness has on our wellbeing and mental health. That it's more than just minutes in nature that are important – it's moments, so to speak. It's your attention, your connection. Of course it's pretty difficult to have moments without minutes, but time in nature is just a start.

Moreover, several researchers have argued that nature connectedness is a foundational necessity to spur pro-nature behaviour (Frantz & Mayer, 2009; Kossack & Bogner, 2012; Otto & Pensini, 2017; Otto et al., 2021; Zylstra et al., 2014). And data supports the importance of nature connectedness in motivating people to engage in pro-nature behaviours (Barragan_Jason et al., 2023; Galway et al., 2021; Guazzini et al., 2025; Lengieza et al., 2023; Mackay & Schmitt, 2019; Martin et al., 2020; Whitburn et al., 2020).

Research: Benefits of listening to bird songs & nature sounds

Solid research supports the beneficial effects on attention and emotional restorative benefits of listening to bird songs and nature sounds (Luo et al., 2021; Ratcliffe et al. 2016; Ratcliffe, 2021) partially explained by increases in parasympathetic activity (Gould van Praag et al., 2017).

Nature-Based Resources

Books

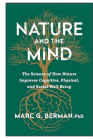
Sounds

Videos

Websites



Books



Nature and the Mind: The science of how nature improves, cognitive, physical, and social well-being

Marc G. Berman, PhD (2026)



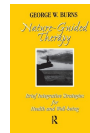
Nature-Based Therapy: A practitioner's guide to working outdoors with children, youth, and families

Nevin Harper, PhD et al. (2019)



How to Winter: Harness your mindset to thrive on cold, dark, or difficult days

Kari Leibowitz, PhD (2024)



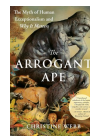
Nature-Guided Therapy: Brief integrative strategies for health and well-being

George W. Burns, PhD (2014)



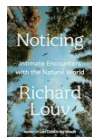
Reconnection: Fixing our broken relationship with nature

Miles Richardson, PhD (2023)



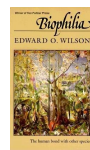
The Arrogant Ape: The myth of human exceptionalism and why it matters

Christine Webb, PhD (2025)



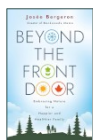
Noticing: Intimate encounters with the natural world

Richard Louv (2026)



Biophilia: The human bond with other species

E. O. Wilson, PhD (1984)



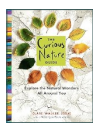
Beyond the Front Door: Embracing nature for a happier and healthier family

Josée Bergeron (2026)



The Spell of the Sensuous: Perception and language in a more-than human world

David Abram, PhD (1997)



The Curious Nature Guide: Explore the natural wonders all around you

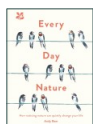
Clare Walker Leslie (2015)

coming September 2026



Everyday Ecotherapy: Nature connection practices for where we live, learn, work, and play

Carolyn Schuyler, PhD & D. Ibes



Every Day Nature: How noticing nature can quietly change your life

Andy Beer (2020)



A Nature Poem for Every Day of the Year

Jane M. Hunter (Ed.) (2018)

Sounds

<https://www.soundsofearth.eco/>

<https://www.calmsound.com/>

Videos

The Peace of Wild Things (Wendell Berry)

<https://www.youtube.com/watch?v=-ewB0WL3bNw>

Nature is everywhere -- we just need to learn to see it (Emma Marris)

<https://www.ted.com/talks/>

[emma marris nature is everywhere we just need to learn to see it](https://www.ted.com/talks/emma_marris_nature_is_everywhere_we_just_need_to_learn_to_see_it)

The voice of the natural world (Bernie Krause)

[https://www.ted.com/talks/bernie krause the voice of the natural world](https://www.ted.com/talks/bernie_krause_the_voice_of_the_natural_world)

Nature.Beauty. Gratitude. (Louie Schwartzberg)

[https://www.ted.com/talks/louie schwartzberg nature beauty gratitude](https://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude)

Nice in Nature. (John Zelenski)

<https://www.youtube.com/watch?v=6tps-u500Ws>

A neuroscientist's guide to using nature for focus (Marc Berman)

<https://www.youtube.com/watch?v=YZ550cdnc34>



Websites

Dr. Holli-Anne Passmore & Nature-Meaning in Life (NMIL) Research Lab:

<https://nmil.ca>

Dr. Ryan Lumber (Creator of the Nature Connection Pathways):

<https://pathwaystonatureconnection.co.uk/>

Biophilic Cities:

<https://www.biophiliccities.org/>

Nature Connection Lab [Drs. Carolyn Schuyler & Dorothe Bach:

<https://www.natureconnectionlab.org/>

Dr. Nevin Harper:

<https://www.nevinharper.com/>

Dr. David Abram & Alliance for Wild Ethics:

<https://www.davidabram.org/>

Dr. Tim Beatley:

<https://tim.greenurbanvision.com/>

Branislav Kaleta (PhD student and a name to watch for!)

<https://psychawelogy.com/>



References

- Astell-Burt, T., Navakatikyan, M. A., & Feng, X. (2024). Contact with nature may be a remedy for loneliness: A nationally representative longitudinal cohort study. *Environmental Research*, 263, 120016. <https://doi.org/10.1016/j.envres.2024.120016>
- Barbett, L., Syropoulos, S., & Capozzoli, J. (2026). Nature connectedness and well-being: Evidence from a multi-national investigation across 75 countries. *Journal of Environmental Psychology*, 110, 102895. <https://doi.org/10.1016/j.jenvp.2025.102895>
- Bardhan, M., Zhang, K., Browning, M. H. E. M., Dong, J., Liu, T., Bailey, C., McAnirlin, O., Hanley, J., Minson, C. T., Mutel, R. L., Ranganathan, S., & Reuben, A. (2023). Time in nature is associated with higher levels of positive mood: Evidence from the 2023 NatureDose™ student survey. *Journal of Environmental Psychology*, 90, 102083. <https://doi.org/10.1016/j.jenvp.2023.102083>
- Barragan-Jason, G., Loreau, M., de Mazancourt, C., Singer, M. C., & Parmesan, C. (2023). Psychological and physical connections with nature improve both human well-being and nature conservation: A systematic review of meta-analyses. *Biological Conservation*, 277, 109842. <https://doi.org/10.1016/j.biocon.2022.109842>
- Beery, T., Stahl Olafsson, A., Gentin, S., Maurer, M., Stålhammar, S., Albert, C., Bieling, C., Buijs, A., Fagerholm, N., Garcia-Martin, M., Plieninger, T., & M. Raymond, C. (2023). Disconnection from nature: Expanding our understanding of human–nature relations. *People and Nature*, 5(2), 470–488. <https://doi.org/10.1002/pan3.10451>
- Burns, G. W. (1998). *Nature-guided therapy: Brief integrative strategies for health and well-being*. Taylor & Francis.
- Capaldi, C., Dopko, R., & Zelenski, J. (2014). The relationship between nature connectedness and happiness: a meta-analysis. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2014.00976>
- Capaldi, C., Passmore, H.-A., Nisbet, E., Zelenski, J., & Dopko, R. (2015). Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention. *International Journal of Wellbeing*, 5(4), 1–16. <https://doi.org/10.5502/ijw.v5i4.449>
- Captur, G., Karperien, A. L., Hughes, A. D., Francis, D. P., & Moon, J. C. (2017). The fractal heart—Embracing mathematics in the cardiology clinic. *Nature Reviews Cardiology*, 14(1), 56–64. <https://doi.org/10.1038/nrcardio.2016.161>
- Chang, C., Cheng, G. J. Y., Nghiem, T. P. L., Song, X. P., Oh, R. R. Y., Richards, D. R., & Carrasco, L. R. (2020). Social media, nature, and life satisfaction: Global evidence of the biophilia hypothesis. *Scientific Reports*, 10(1), 4125. <https://doi.org/10.1038/s41598-020-60902-w>
- Cheung, K. C., & Wells, N. M. (2004). The natural environment and human well-being: Insights from fractal composition analysis. *Harmonic and Fractal Image Analysis*. (76–82). http://imagesci.fch.vut.cz/includes/harfa_e_journal.inc.php
- Frantz, C. M., & Mayer, F. S. (2009). The emergency of climate change: Why are we failing to take action? *Analyses of Social Issues and Public Policy*, 9(1), 205–222. <https://doi.org/10.1111/j.1530-2415.2009.01180.x>
- Gaekwad, J. S., Sal Moslehian, A., Roös, P. B., & Walker, A. (2022). A meta-analysis of emotional evidence for the biophilia hypothesis and implications for biophilic design. *Frontiers in Psychology*, 13, 750245. <https://doi.org/10.3389/fpsyg.2022.750245>
- Gaekwad, J. S., Sal Moslehian, A., & Roös, P. B. (2023). A meta-analysis of physiological stress responses to natural environments: Biophilia and Stress Recovery Theory perspectives. *Journal of Environmental Psychology*, 90, 102085. <https://doi.org/10.1016/j.jenvp.2023.102085>
- Galway, L. P., Beery, T., Buse, C., & Gislason, M. K. (2021). What drives climate action in Canada's provincial north? Exploring the role of connectedness to nature, climate worry, and talking with friends and family. *Climate*, 9(10), 146. <https://doi.org/10.3390/cli9100146>
- Gould Van Praag, C. D., Garfinkel, S. N., Sparasci, O., Mees, A., Philippides, A. O., Ware, M., Ottaviani, C., & Critchley, H. D. (2017). Mind-wandering and alterations to default mode network connectivity when listening to naturalistic versus artificial sounds. *Scientific Reports*, 7(1), 45273. <https://doi.org/10.1038/srep45273>
- Guazzini, A., Valdrighi, G., Fiorenza, M., & Duradoni, M. (2025). The relationship between connectedness to nature and pro-environmental behaviors: A systematic review. *Sustainability*, 17(8), 3686. <https://doi.org/10.3390/su17083686>
- Hartig, T. (2021). Restoration in nature: Beyond the conventional narrative. In A. R. Schutte, J. C. Torquati, & J. R. Stevens (Eds.), *Nature and psychology* (Vol. 67, pp. 89–151). Springer International Publishing. https://doi.org/10.1007/978-3-030-69020-5_5

- Joye, Y. (2007). Architectural lessons from environmental psychology: The case of biophilic architecture. *Review of General Psychology*, 11(4), 305–328. <https://doi.org/10.1037/1089-2680.11.4.305>
- Joye, Y., & van den Berg, A. (2011). Is love for green in our genes? A critical analysis of evolutionary assumptions in restorative environments research. *Urban Forestry & Urban Greening*, 10(4), 261–268. <https://doi.org/10.1016/j.ufug.2011.07.004>
- Kaplan, R., & Kaplan, S. (2011). Well-being, reasonableness, and the natural environment. *Applied Psychology: Health and Well-Being*, 3(3), 304–321. <https://doi.org/10.1111/j.1758-0854.2011.01055.x>
- Kaplan, S. (1995). The restorative benefits of nature: Toward an integrative framework. *Journal of Environmental Psychology*, 15(3), 169–182. [https://doi.org/10.1016/0272-4944\(95\)90001-2](https://doi.org/10.1016/0272-4944(95)90001-2)
- Kim, J. J. H., Betz, N., Helmuth, B., & Coley, J. D. (2023). Conceptualizing human–nature relationships: Implications of human exceptionalist thinking for sustainability and conservation. *Topics in Cognitive Science*, 15(3), 357–387. <https://doi.org/10.1111/tops.12653>
- Koo, M., Algoe, S. B., Wilson, T. D., & Gilbert, D. T. (2008). It's a wonderful life: Mentally subtracting positive events improves people's affective states, contrary to their affective forecasts. *Journal of Personality and Social Psychology*, 95(5), 1217–1224. <https://doi.org/10.1037/a0013316>
- Kossack, A., & Bogner, F. X. (2012). How does a one-day environmental education programme support individual connectedness with nature? *Journal of Biological Education*, 46(3), 180–187. <https://doi.org/10.1080/00219266.2011.634016>
- Leggett, S. E., Neronha, Z. J., Bhaskar, D., Sim, J. Y., Perdikari, T. M., & Wong, I. Y. (2019). Motility-limited aggregation of mammary epithelial cells into fractal-like clusters. *Proceedings of the National Academy of Sciences*, 116(35), 17298–17306. <https://doi.org/10.1073/pnas.1905958116>
- Lengieza, M. L., Aviste, R., & Richardson, M. (2023). The human–nature relationship as a tangible target for pro-environmental behaviour—Guidance from interpersonal relationships. *Sustainability*, 15(16), 12175. <https://doi.org/10.3390/su151612175>
- Lipton, G. (2020, March 20). *The fractal nature of almost all things: Understanding nature's fractals, from galaxies to ecosystems to the human heartbeat*. Think Landscape. <https://thinklandscape.globallandscapesforum.org/43195/fractals-nature-almost-all-things/>
- Lumber, R., Passmore, H.-A., & Niemiec, R. (2023). Trees are honest, bugs are creative, sunsets are hopeful – Identifying character strengths in nature: A reflexive thematic analysis. *Current Research in Ecological and Social Psychology*, 4, 100092. <https://doi.org/10.1016/j.cresp.2023.100092>
- Lumber, R., Richardson, M., & Sheffield, D. (2017). Beyond knowing nature: Contact, emotion, compassion, meaning, and beauty are pathways to nature connection. *PLOS ONE*, 12(5), e0177186. <https://doi.org/10.1371/journal.pone.0177186>
- Lumber, R., Richardson, M., & Sheffield, D. (2018). The pathways to nature connectedness: A focus group exploration. *European Journal of Ecopsychology*, 6, 47–68.
- Luo, J., Wang, M., & Chen, L. (2021). The effects of using a nature-sound mobile application on psychological well-being and cognitive performance among university students. *Frontiers in Psychology*, 12, 699908. <https://doi.org/10.3389/fpsyg.2021.699908>
- Mackay, C. M. L., & Schmitt, M. T. (2019). Do people who feel connected to nature do more to protect it? A meta-analysis. *Journal of Environmental Psychology*, 65, 101323. <https://doi.org/10.1016/j.jenvp.2019.101323>
- Martin, L., White, M. P., Hunt, A., Richardson, M., Pahl, S., & Burt, J. (2020). Nature contact, nature connectedness and associations with health, wellbeing and pro-environmental behaviours. *Journal of Environmental Psychology*, 68, 101389. <https://doi.org/10.1016/j.jenvp.2020.101389>
- Meredith, G. R., Rakow, D. A., Elderemire, E. R. B., Madsen, C. G., Shelley, S. P., & Sachs, N. A. (2020). Minimum time dose in nature to positively impact the mental health of college-aged students, and how to measure it: A scoping review. *Frontiers in Psychology*, 10, 2942. <https://doi.org/10.3389/fpsyg.2019.02942>
- Moll, A., Collado, S., Staats, H., & Corraliza, J. A. (2022). Restorative effects of exposure to nature on children and adolescents: A systematic review. *Journal of Environmental Psychology*, 84, 10184. <https://doi.org/10.1016/j.jenvp.2022>
- Nisbet, E. K., & Zelenski, J. M. (2011). Underestimating nearby nature: Affective forecasting errors obscure happy path to sustainability. *Psychological Science*, 22(9), 1101–6. <https://doi.org/10.1177/095679761141>

- Oh, B., Lee, K. J., Zaslowski, C., Yeung, A., Rosenthal, D., Larkey, L., & Back, M. (2017). Health and well-being benefits of spending time in forests: Systematic review. *Environmental Health and Preventive Medicine*, 22(1), 71. <https://doi.org/10.1186/s12199-017-0677-9>
- Ohly, H., White, M. P., Wheeler, B. W., Bethel, A., Ukoumunne, O. C., Nikolaou, V., & Garside, R. (2016). Attention Restoration Theory: A systematic review of the attention restoration potential of exposure to natural environments. *Journal of Toxicology and Environmental Health Part B*, 19(7), 305–343. <https://doi.org/10.1080/10937404.2016.1196155>
- Otto, S., & Pensini, P. (2017). Nature-based environmental education of children: Environmental knowledge and connectedness to nature, together, are related to ecological behaviour. *Global Environmental Change*, 47, 88–94. <https://doi.org/10.1016/j.gloenvcha.2017.09.009>
- Otto, S., Pensini, P., Zabel, S., Diaz-Siefer, P., Burnham, E., Navarro-Villaruel, C., & Neaman, A. (2021). The prosocial origin of sustainable behavior: A case study in the ecological domain. *Global Environmental Change*, 69, 102312. <https://doi.org/10.1016/j.gloenvcha.2021.102312>
- Passmore, H.-A., & Holder, M. D. (2017) Noticing nature: Individual and social benefits of a two-week intervention. *Journal of Positive Psychology*, 12(6), 537–546. <https://doi.org/10.1080/17439760.2016.1221126>
- Passmore, H.-A., & Howell, A. J. (2014). Eco-Existential Positive Psychology: How experiences in nature can address our existential anxieties and contribute to well-being. *The Humanistic Psychologist*, 42(4), 370–388. <https://doi.org/10.1080/08873267.2014.920335>
- Passmore, H.-A., & Krause, A. N. (2023). The beyond-human natural world: Providing meaning and making meaning. *International Journal of Environmental Research and Public Health*, 20(12), 6170. <https://doi.org/10.3390/ijerph20126170>
- Passmore, H.-A., Lumber, R., Niemiec, R., & Sofen, L. I. (2025). Creating kinship with nature and boosting well-being: Testing two novel character strengths-based nature connectedness interventions. *Journal of Happiness Studies*, 26(71). <https://doi.org/10.1007/s10902-025-00900-9>
- Passmore, H.-A., Mangat, A. Dhanoa, T., Schmitt, M. T., Mackay, C. M. L., Richardson, M., Howell, A. J., & Lutz, P. K. (2025). Enhancing personal and planetary well-being: A comparative study of the "3 Good Things" and "3 Good Things in Nature" interventions. *International Journal of Wellbeing*, 15(4), 4233. <https://doi.org/10.5502/ijw.v15i4.4233>
- Passmore, H.-A., Sabine, S., & Yang, Y. (2025). Comparing the well-being benefits of engaging in two positive psychology interventions: The Noticing Nature Intervention (NNI) vs Three Good Things (3GT). *The Journal of Positive Psychology*, 1-12. <https://doi.org/10.1080/17439760.2025.2569079>
- Passmore, H.-A., Yang, Y., & Sabine, S. (2022). An extended replication study of the well-being intervention, the Noticing Nature Intervention (NNI). *Journal of Happiness Studies*, 23(6), 2663–2683. <https://doi.org/10.1007/s10902-022-00516-3>
- Passmore, H.-A., Yargeau, A., Blench, J. (2022). Wellbeing in winter: Testing the Noticing Nature Intervention during winter months. *Frontiers in Psychology*, 13, 840273. <https://doi.org/10.3389/fpsyg.2022.840273>
- Passmore, H.-A., Zelenski, J. M., & Steger, M. F. (2023, July 20–23). *An emotional connection to nature: A global perspective* [Conference session]. International Positive Psychology Association World Congress, Vancouver, Canada.
- Pocock, M., Hamlin, I., Christelow, J., Passmore, H.-A., & Richardson, M. (2023). The benefits of citizen science and nature-noticing activities for wellbeing, nature connectedness and pro-nature conservation behaviours. *People and Nature*, 5(2), 591–606. <https://doi.org/10.1002/pan3.10432>
- Pritchard, A., Richardson, M., Sheffield, D., & McEwan, K. (2020). The relationship between nature connectedness and eudaimonic well-being: A meta-analysis. *Journal of Happiness Studies*, 21(3), 1145–1167. <https://doi.org/10.1007/s10902-019-00118-6>
- Ratcliffe, E. (2021). Sound and soundscape in restorative natural environments: A narrative literature review. *Frontiers in Psychology*, 12, 570563. <https://doi.org/10.3389/fpsyg.2021.570563>
- Ratcliffe, E., Gatersleben, B., & Sowden, P. T. (2013). Bird sounds and their contributions to perceived attention restoration and stress recovery. *Journal of Environmental Psychology*, 36, 221–228. <https://doi.org/10.1016/j.jenvp.2013.08.004>
- Ratcliffe, E., Gatersleben, B., & Sowden, P. T. (2016). Associations with bird sounds: How do they relate to perceived restorative potential? *Journal of Environmental Psychology*, 47, 136–144. <https://doi.org/10.1016/j.jenvp.2016.05.009>

- Richardson, M., Passmore, H.-A., Lumber, R., Thomas, R., & Hunt, A. (2021). Moments, not minutes: The nature-wellbeing relationship. *International Journal of Wellbeing*, 11(1), 8–33. <https://doi.org/10.5502/ijw.v11i1.1267>
- Sachs, A. L., Kolster, A., Wrigley, J., Papon, V., Opacin, N., Hill, N., Howarth, M., Rochau, U., Hidalgo, L., Casajuana, C., Siebert, U., Gerhard, J., Daher, C., & Litt, J. (2024). Connecting through nature: A systematic review of the effectiveness of nature-based social prescribing practices to combat loneliness. *Landscape and Urban Planning*, 248, 105071. <https://doi.org/10.1016/j.landurbplan.2024.105071>
- Seely, A., Newman, K., & Herry, C. (2014). Fractal structure and entropy production within the central nervous system. *Entropy*, 16(8), 4497–4520. <https://doi.org/10.3390/e16084497>
- Steger, M. F. (2024). Regenerative positive psychology: A call to reorient wellbeing science to meet the realities of our world. *The Journal of Positive Psychology*, 1–24. <https://doi.org/10.1080/17439760.2024.2365259>
- Stevenson, M. P., Schilhab, T., & Bentsen, P. (2018). Attention Restoration Theory II: A systematic review to clarify attention processes affected by exposure to natural environments. *Journal of Toxicology and Environmental Health Part B*, 21 (4), 227–268. <https://doi.org/10.1080/10937404.2018.1505571>
- Taylor, R. P., Micolich, A. P., & Jonas, D. (1999). Fractal analysis of Pollock's drip paintings. *Nature*, 399(6735), 422. <https://doi.org/10.1038/20833/>
- Van Den Born, R. J. G., Calderón Moya-Méndez, N., De Groot, M., Duong, N. T. B., Ganzevoort, W., Van Heel, B. F., Hunka, A. D., Lenders, R. H. J., Van Riper, C. J., Scopelliti, M., Verbrugge, L. N. H., & De Groot, W. T. (2024). Testing the biophilia hypothesis through the human and nature scale on four continents. *Ecopsychology*, eco.2024.0015. <https://doi.org/10.1089/eco.2024.0015>
- Whitburn, J., Linklater, W., & Abrahamse, W. (2020). Meta-analysis of human connection to nature and proenvironmental behavior. *Conservation Biology*, 34(1), 180–193. <https://doi.org/10.1111/cobi.13381>
- White, M. P., Alcock, I., Grellier, J., Wheeler, B. W., Hartig, T., Warber, S. L., Bone, A., Depledge, M. H., & Fleming, L. E. (2019). Spending at least 120 minutes a week in nature is associated with good health and wellbeing. *Scientific Reports*, 9(1), 7730. <https://doi.org/10.1038/s41598-019-44097-3>
- Wilson, E. O. (1984). *Biophilia: The human bond with other species*. Harvard University Press.
- Wilson, E. O. (1993). Biophilia and the conservation ethic. In S. R. Kellert & E. O. Wilson (Eds.), *The biophilia hypothesis* (pp. 31–41). Island Press.
- Wu, N., & Jones, C. (2022). The relationship between connectedness to nature and well-being: A meta-analysis. *Current Research in Psychology and Behavioral Science*, 3(6), 1064. <https://doi.org/10.54026/CRPBS/1064>
- Zelenski, J. M., Lutz, P. K., Passmore, H.-A., & Nisbet, E. K. (2026). Nature relatedness usefully links well-being, the environment, and sustainability. *Current Directions in Psychological Science*, 35(1), 17–24. <https://doi.org/10.1177/09637214251349814>
- Zelenski, J., Warber, S., Robinson, J. M., Logan, A. C., & Prescott, S. L. (2023). Nature connection: Providing a pathway from personal to planetary health. *Challenges*, 14(1), 16. <https://doi.org/10.3390/challe14010016>
- Zeng, Q., Yang, Z., Chen, Z., & Chen, P. (2025). The relationships between nature connectedness, nature contact, and positive psychological outcomes: A meta-analysis. *Journal of Environmental Psychology*, 105, 102675. <https://doi.org/10.1016/j.jenvp.2025.102675>
- Zylstra, M. J., Knight, A. T., Esler, K. J., & Le Grange, L. L. L. (2014). Connectedness as a core conservation concern: An interdisciplinary review of theory and a call for practice. *Springer Science Reviews*, 2(1–2), 119–143. <https://doi.org/10.1007/s40362-014-0021-3>



notice nature ... BE well

Dr. Holli-Anne Passmore | Holli-Anne.Passmore@concordia.ab.ca | <https://nmil.ca>