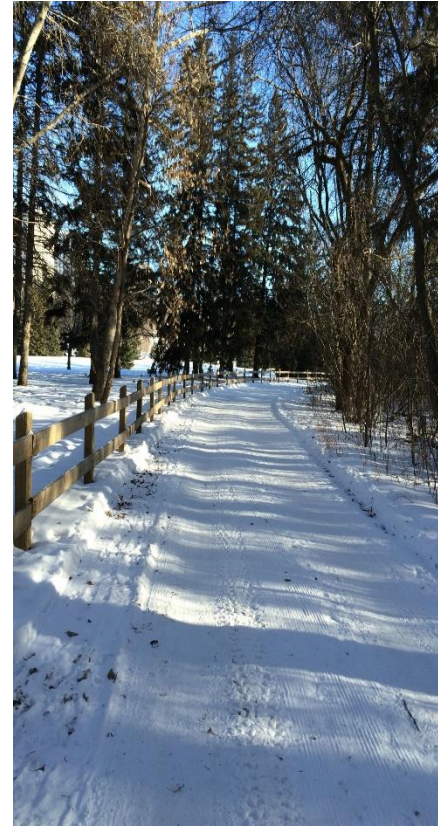


# Wellbeing in Winter: Testing the Noticing Nature Intervention During Winter Months

Presented by: Joslin  
Blench

Passmore, H.-A., Yargeau, A., Blench, J. (2022).  
Wellbeing in winter: A RCT study testing the  
'Noticing Nature Intervention' in winter.



It was a beautiful, blue and frozen morning...and Saturday, too! The sun was bright and the old snow sparkled. The day was young and full of opportunities!" (Participant jmhd9423)

# Wellbeing in Winter

- Wellbeing definition
- Literature review
- Importance of nature
- Objectives

# Wellbeing in Winter

## Participants

- Edmonton, Canadian cities, Northern USA
- $N = 65$
- $M = 46.7$
- 51 females, 14 males
- Variety of occupations

**Well-being in the Winter Study Printable Instruction Sheet:  
Nature Condition****PLEASE DOWNLOAD & KEEP THIS SHEET**

Over the next two weeks, we would like you to take, and upload, **digital photos of nature scenes, or natural elements, that evoke strong emotions in you—that move you in some way.** You may take **as many photographs as you like; however, the study requires a minimum of 10 photographs. No humans,** and if possible no human-built objects, should be in these photos. We encourage you to **be mindful of the natural elements and objects around you on a daily basis** (e.g., trees, the sky, plants, animals, etc.), **and to notice how these make you feel. Space the photos out over the course of the two weeks;** allow yourself to truly experience the nature around you. **Take your photos on different days spread out over the two weeks.**

We are not concerned with the quality or creativity of the photographs themselves per se. **What we are interested in is your experience with what you are photographing—how these objects and scenes make you feel.** You will receive daily emails (the first one within 24 days) reminding you to be mindful of your reactions to the nature around you. Each email will contain a one-time-use personalized photo/emotions upload link to use for that day.

**Two weeks from today, you will receive an email with a link to the final questionnaires of the study. Please log in to the site and complete the questionnaires within a day of receiving the email. It is important that you complete this step—not only for the purpose of the study—but also so that you can enter the draw for to win one of fifty \$50 Amazon e-card vouchers.**

**PLEASE SEE THE FLIP SIDE OF THIS PAGE!**

I love trees, especially big ones.  
I feel humbled by their size,  
knowing just how much more  
lies beneath the surface too. -  
Participant bebk8552

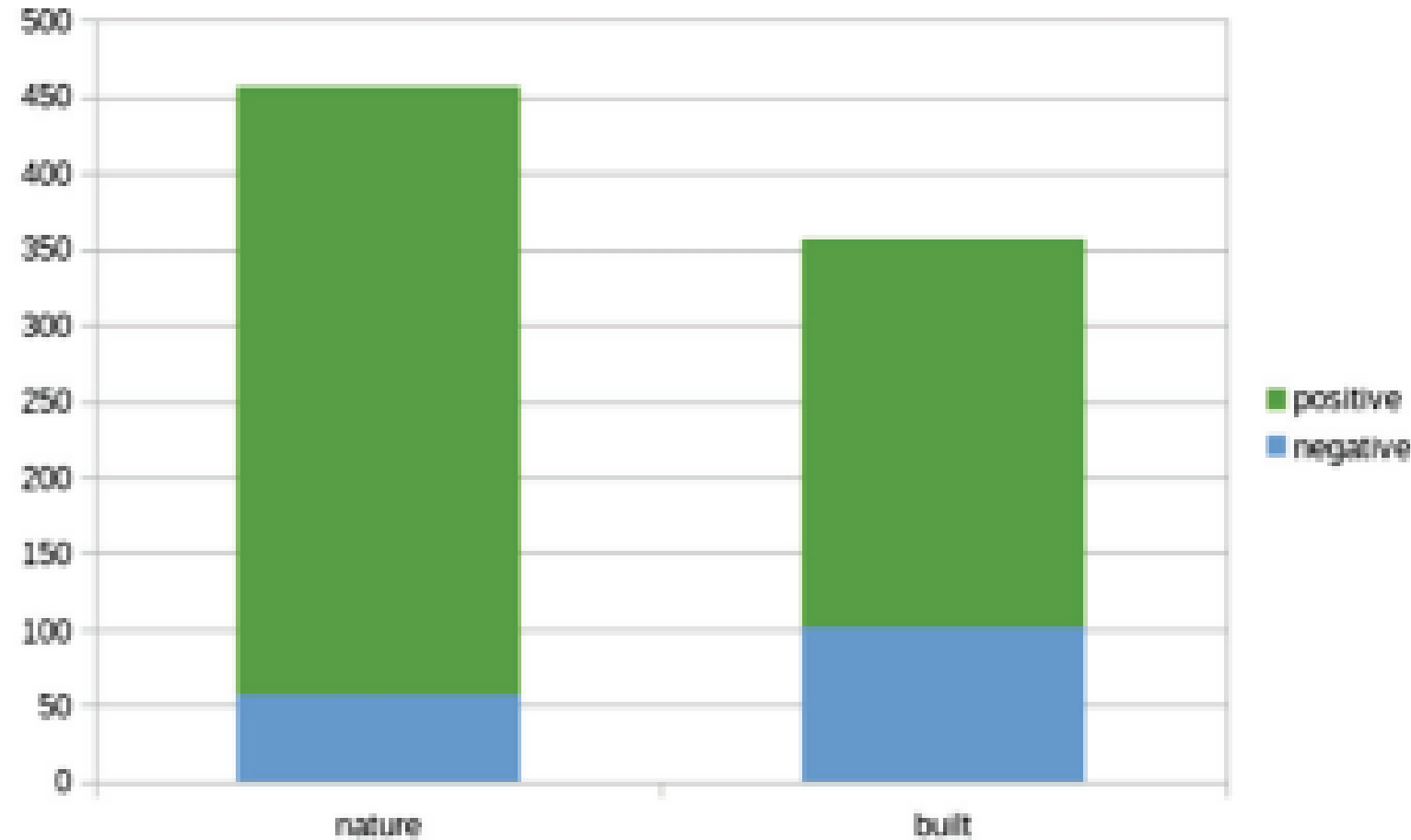
# Wellbeing in Winter

## Qualitative Findings

- Total of 609 photos submitted
  - 360 nature (314 from the nature group)
- 76% of participants in build group submitted nature photos

# Wellbeing in Winter

- 8:1 ratio for positive and negative emotions for nature photos
- 3:1 ratio for positive and negative emotions for built photos





**Table 4. Positive emotion themes from content analysis**

Theme	Emotions Included in Theme	TOTAL	Counts	
			Built	Nature
happy	joy, glad, light, amused, positive, good, mirth, thrilled	189	71	118
peaceful	peaceful, serene, content, relaxed, tranquil, pleased, nice, quiet, composed, mellow	119	27	92
awe	wonder, amazed, fascinated, admiration, respect, vast	58	13	45
grateful	appreciative, blessed, privileged, cherish, honoured, lucky	47	23	24
vibrant	exhilarated, energetic, growth, alive, excited, playful, recharged, giddy, childlike, festive, lively, youthful	37	16	21
curious	intrigued, surprised, adventurous	35	25	10
connected	unity, kinship, loved, embraced, community	34	17	17
comfortable	warm, cozy, like home, familiar, satisfied	27	17	10
strong	powerful, resilient, adaptable, endurance, determined, ambitious, productive, accomplished, perseverance	27	13	14
hopeful	optimistic	22	6	16
safe	protected, sheltered, relief, friendly, kind, welcome, cared for, caring	17	9	8
inspired	creative, imaginative	13	4	9
thoughtful	reflective, focused, alert	11	6	5
free	released, cathartic, independent, open	8	4	4
proud	clever	7	5	2
humble	insignificant, small, simple	4	0	4
		655	256	399

Table 5. *Negative emotion themes from content analysis.*

Theme	Emotions Included in Theme	Counts		
		TOTAL	Built	Nature
sad	melancholy, unhappy, down, blue, gloomy, dreadful, disheartened, dark, gross, depressed, solemn, dull	43	20	23
anxious	concerned, pensive, trepidation, apprehensive, overwhelmed, on edge, uncomfortable, distressed, uneasy, jumpy, worried	26	13	13
yearning	nostalgic, wishful, longing, remembering, wistful, regret	22	16	6
annoyed	resentful, trapped, frustrated, impatient, imperfect, inept, disappointed, irritated, restricted, exasperated	21	19	2
lonely	separated, forgotten, neglected	13	12	1
uncertain	conflicted, irritated, divided, confused, cluttered, unsure, hesitant, puzzled	11	9	2
cold	barren, sterile	6	3	3
anger	disgust	6	5	1
fear	terrified, vulnerable	5	1	4
weary	tired	3	1	2
rushed	busy	2	2	0
		158	101	57

# Wellbeing in Winter

## Nature



## Built





# Post-Intervention

“Humans need to be in nature!” -  
Participants cwnd4968



“I learned how to be more attentive of the sounds around me, which then helped me to see more living things. I also found an appreciation for the way things grow, like different trees and plants, and serve homes for different animals. It just made me feel like nature is so perfect and it doesn’t even have to try. It just is.” - Participant jjzr9324

“Just noticing the sparkles in  
the snow made me feel  
appreciative that we get to  
experience winter.” -  
participant hurv5948

# Wellbeing in Winter

- **Comparison of studies**
  - Dr. Passmore and colleagues' previous two studies

# Wellbeing in Winter

- **Limitations**
  - Sample size
  - Gender
  - Culture
  - Geography



# Wellbeing in Winter

- **Future Directions**
  - Sample size
  - Months
  - Location

“This study reinforced the importance of spending time connecting with the natural world to me. It also reinforced the importance of paying attention to everyday delights and that as someone who lives in a city, feeling connected to plants and animals is still possible even in a more metropolitan environment. All I have to do is spend time outside and observe and savour.” - Participant jpvt4234



Thank You

Questions? Comments?

