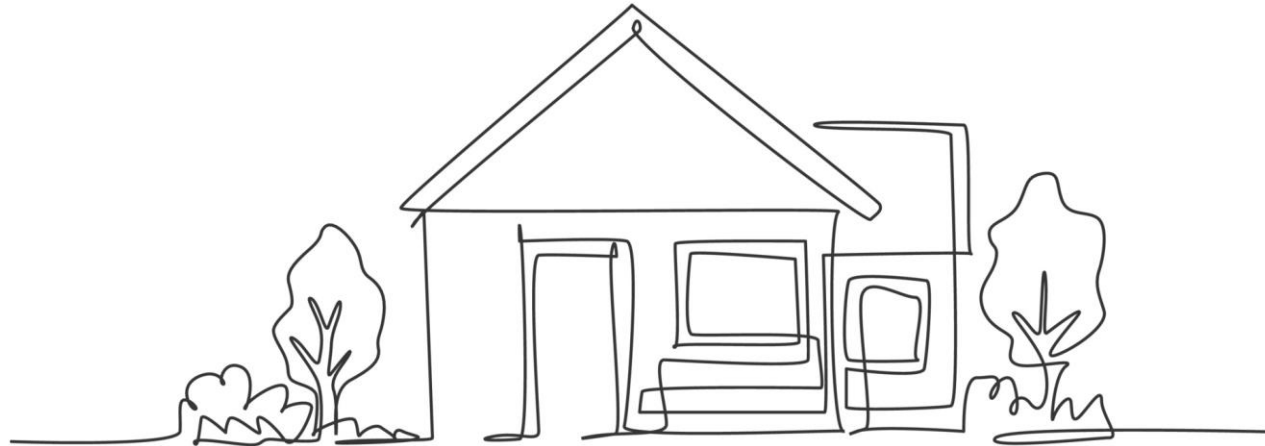


# Well-Being at Your Doorstep

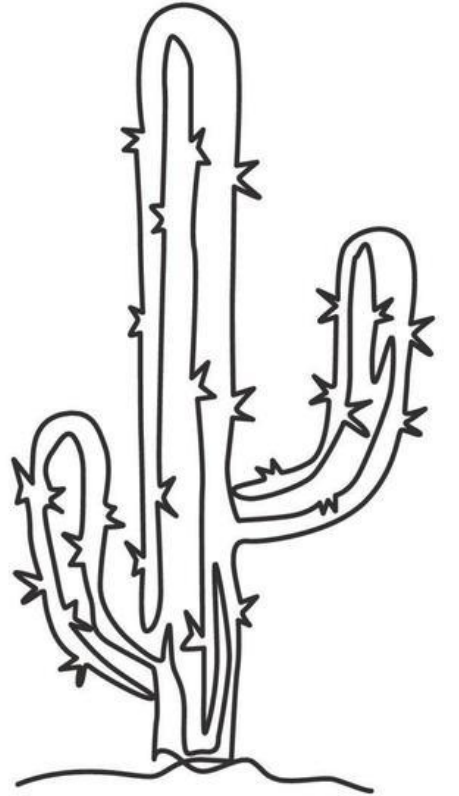


Otis Geddes & Dr. Holli-Anne Passmore

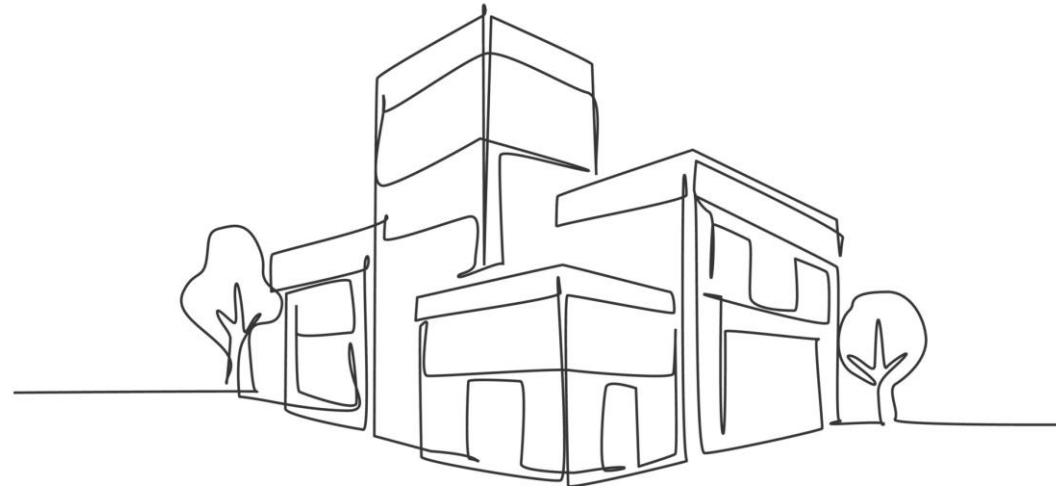


# Nature In Decline

- In the global west, 79% of people live in urban areas
- We have experienced a drastic shift in our relationship with nature
- People consistently value nature as part of their neighbourhood



What can we do to rekindle or maintain our relationship with nature?

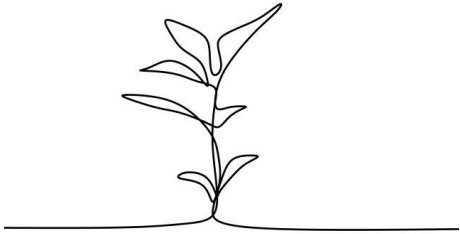


What can we do from our own front door?

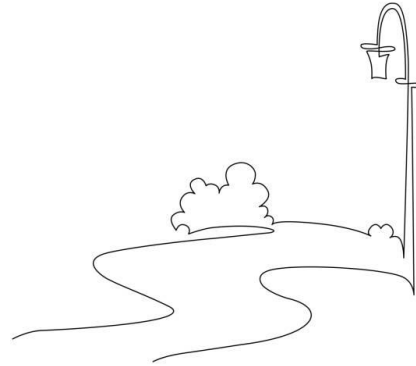


Current Study

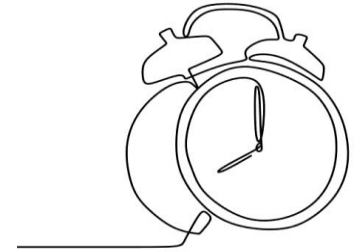
# Conditions



Nature - Awareness



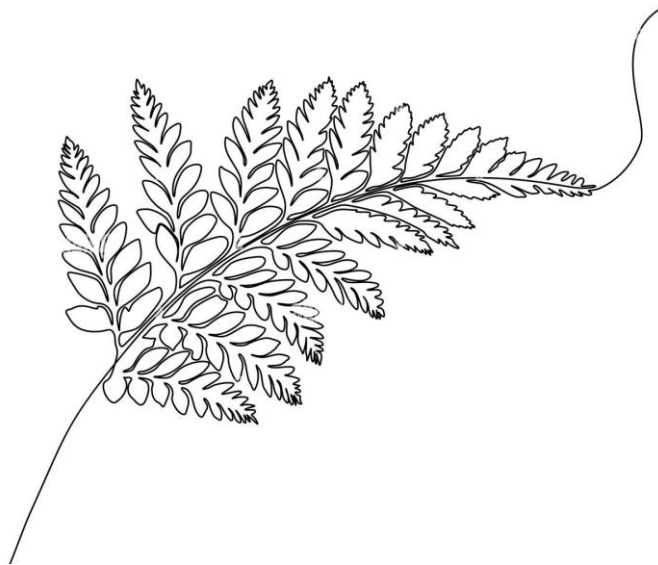
Built - Awareness



Waitlist - Control

N = 438

**“Today on your walk, be aware of and notice the many different shapes of the human-built objects you encounter. How much variation is there? Are there any shapes in the human-built environment you notice that really draw your attention?”**



# Hypotheses

- Participants in the nature – awareness condition will report significantly higher levels of:

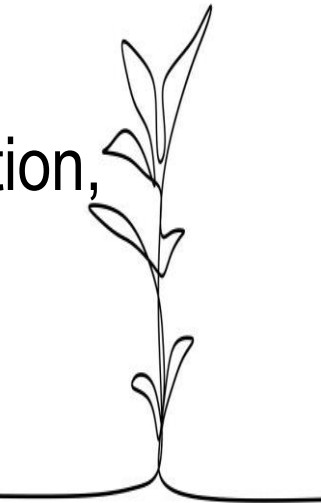
Well-Being

Connection to Nature

Basic Needs

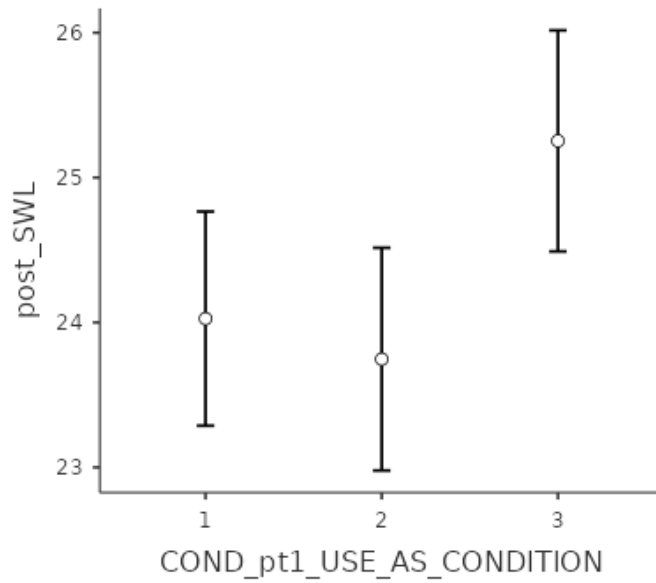
# Results

- Significantly higher **satisfaction with life** in nature awareness condition than built condition,  $p = .007$ ,  $d = 0.49$ ,  $[0.13, 0.85]$ .
- Significantly higher **positive affect** in nature awareness condition than built condition,  $p = .036$ ,  $d = 0.37$   $[0.02, 0.73]$
- Significantly higher **vitality** in nature awareness condition than built condition,  $p = .017$ ,  $d = 0.43$   $[0.07, 0.79]$

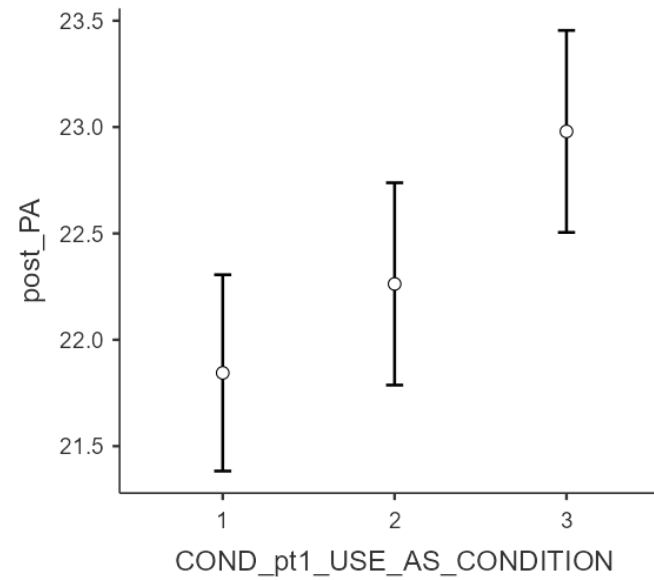




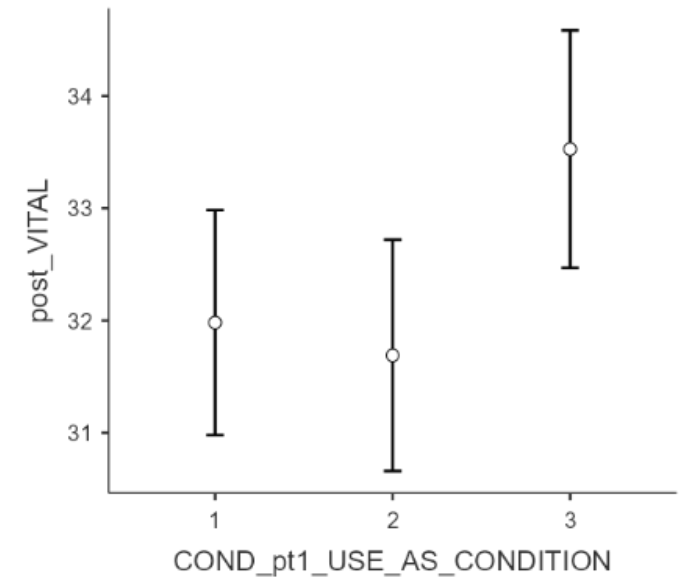
# Results



**SWL**



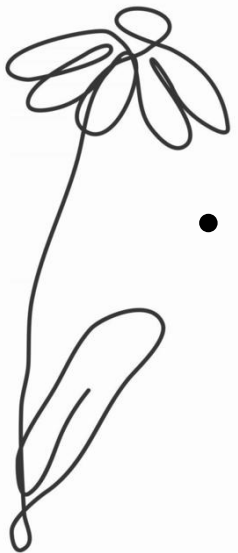
**PA**



**Vitality**

# Qualitative

- “I don’t like focusing on human build sounds, smells or textures. They are grey, noisy and rough and make me feel uncomfortable and stressed. I would rather focus on natural items.”
- “You take up the environment around you better when you slow down. I feel it is more pleasant since you take the time to look around you and connect more with your environment”
- “That there is a strong connection between nature, the environment in which you live and your well-being.”



# Tentative Conclusions

- Noticing nature may be more effective at improving well-being
- Human-built stimuli may negatively impact your well-being
- Nature in your neighbourhood is powerful!





# Thank You!

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