3 Good Things in Nature

Nature & Meaning in Life Research Lab
3rd Annual Symposium - September 10th, 2022

Carolina Carvalho Mendes

Where The Data Came From

- Replication Study of the Noticing Nature Intervention

- Comparing Efficacy to the Most Common Positive Psychology Intervention: 3 Good Things
  ("List 3 good things about your day" everyday for 2 weeks)

- Examined Data for Mentions of Nature in the "3 Good Things"

3 Good Things in Nature

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194 Total Number of Participants
(2034 entries)

130 Participants Mentioned Nature
(371 entries)

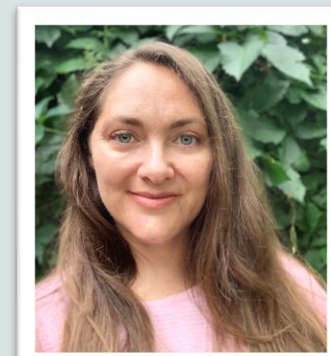**67 % of Participants made at least one nature entry**

Team

Dr. Holli-Anne
Passmore

Angela
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Janna
Mulholland

Selina
Verkland

Coding Qualitative Data

How was it done?

Aspects we coded for:

Type of Nature

Nature Location

Outside/ Inside

Specific Outdoor Activity

Senses

With

Aspects we coded for:

Conquered Nature

Other Modes of Connection

Descriptions

Evoked Emotions

Inferred Outside
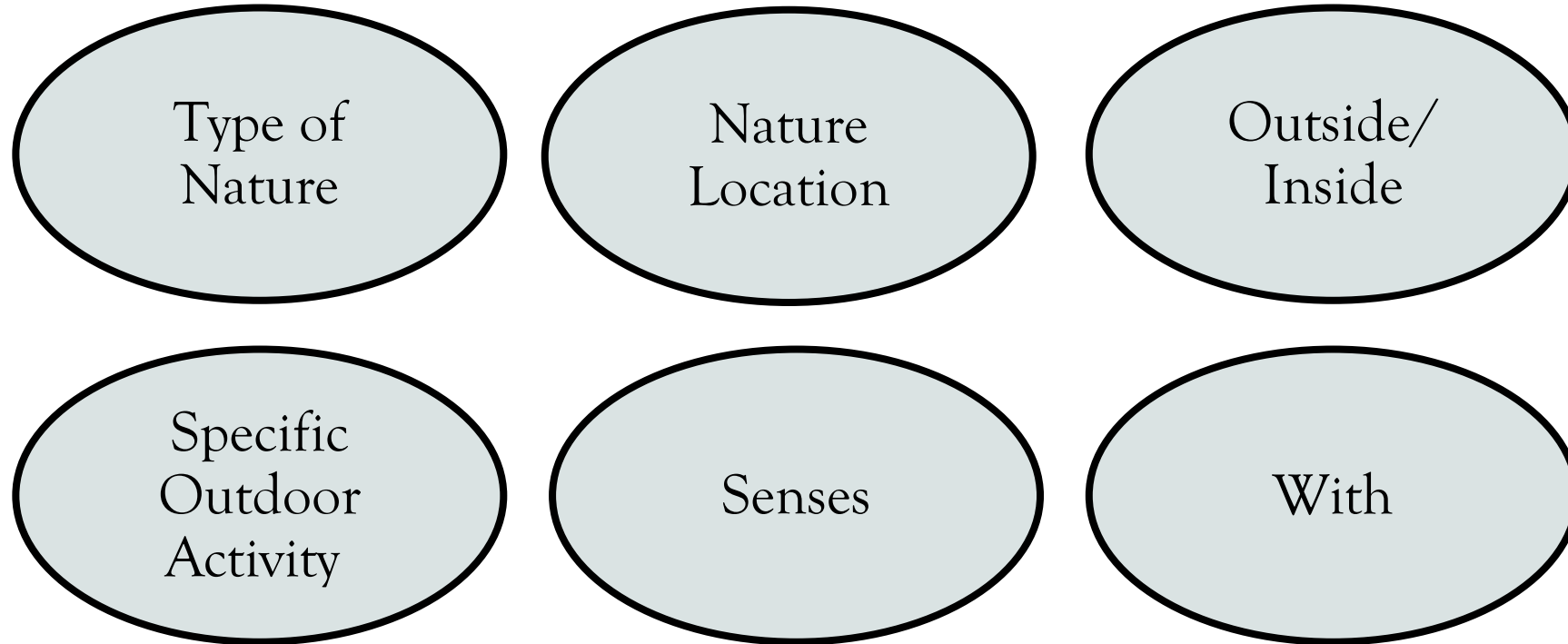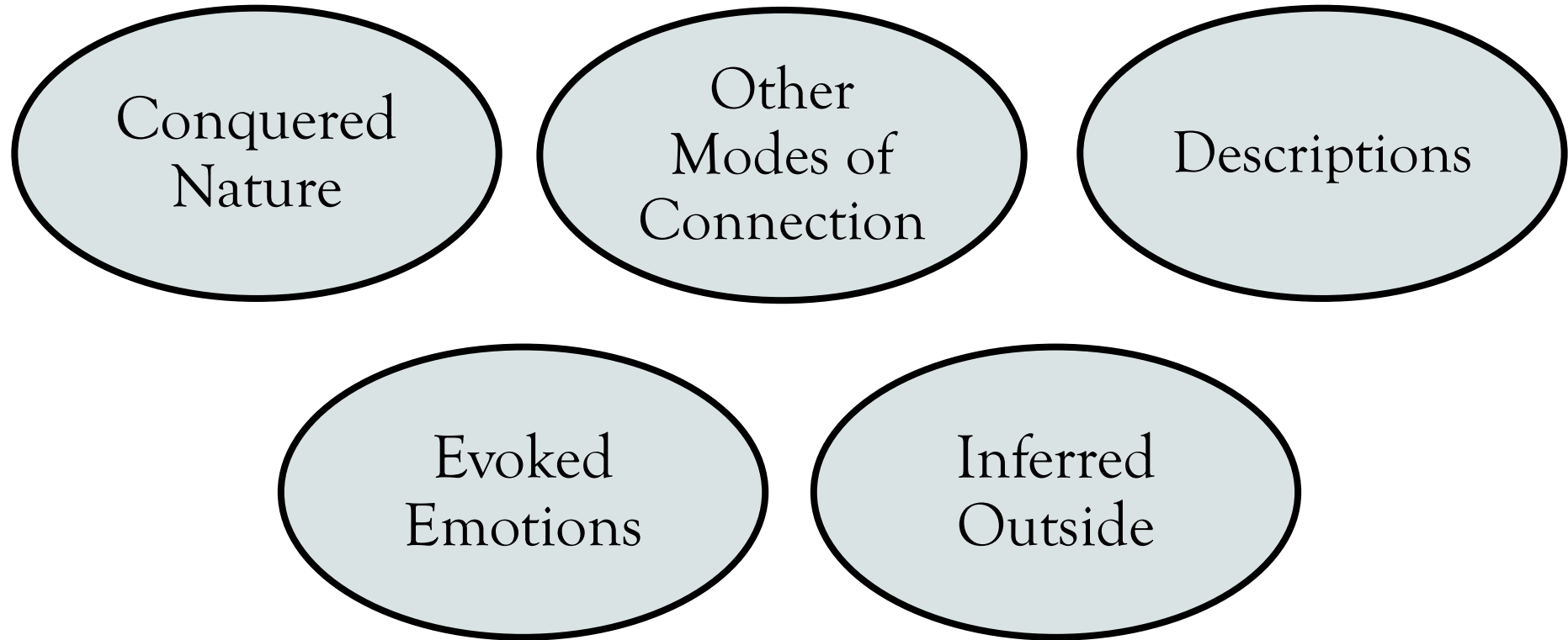
1 - Type of Nature

1a) Outdoor Vegetation

1b) Inside Vegetation

1c) Rock

1d) Sky

1e) Weather

1f) Qualities of Light

1g) Fresh Air

1h) Domesticated Animals
1ha) Pet 1hb) Farm

1i) Wild Animals

2 - Nature Location

2a) Beach

2b) Canal

2c) Lake

2d) Mountain

2e) Garden

2f) Other

3 - Inside / Outside

3a) Outside in Public Space

3b) Outside in Private Space

3c) Outside Unspecified

3d) Indoors

"Today I woke up to the beautiful bright white light shining in on my bedroom from all the snow outside"

4 - Specific Outdoor Activities

4a) Walk	4b) Bike	4c) Rock Climbing	4d) Running	4e) Hiking
4f) Photography	4g) Planting/ Gardening	4h) Camping	4i) Water Sports	4j) Other Sports or Activities

"Took my dog on a walk and got to take in the fall changes in the nature and get some fresh air!"

5 - Senses

5a) Sight

5b) Sound

5c) Touch

5d) Smell

5e) Taste

5f) Visceral: Nature Touching

"Got to see a really
nice sunset"

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6 - With

6a) Alone

6b) Others

6c) Alone with Pet

6d) Others and Pet

7 - Conquering Nature

7a) Conquered Nature

"I did not get wet in the
unexpected rain because I brought
an umbrella"

8 - Other Modes of Connecting with Nature

8a) Pictures of Nature/
Facetime

9 - Descriptions

Beautiful	Gorgeous	Pretty	Pure
Natural	White Light	Simplicity	Horrible

"It was horrible weather out, but at the same time the colours on the trees looked beautiful so I went out and took some photography"

"I saw a full moon tonight ... It was incredibly beautiful"

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10 - Evoked Emotions

Happy

Relaxed

Energized

Felt Present

Felt Guilt

Felt Very Aware

"I felt refreshed and energized because I took my dogs for a peaceful hike in the mountains"

11 - Inferred Outside

11a) Walk

11b) Bike

11c) Climbing

11d) Running

11e) Other

Highlights

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Experiencing Beauty in Nature

Being Outdoors

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Experiencing Beauty in Nature

Sunlight

Cuteness of Animals

Changing Seasons

Sunlight

"The sunshine put me in such a great mood"

"Can't wait for the sunrise!"

"Enjoyed the sunshine, it made me feel good"

Cuteness of Animals

"I woke up by a cute bird singing at my window this morning"

"I saw a cute puppy"

Changing of Seasons

"...all the trees' leaves are changing colour and the sky was bright blue"

Being Outdoors

Enjoying Being Outside

Going for a Walk

Outdoor Exercises

"I went on a hike; it was really nice to be outside!"

"Went for a run along the canal with my mom because she wanted to see the beautiful fall colors"

"Went boating with my best friend and it was cozy and relaxing"

Manuscript in Prep

Passmore, Southworth & Mendes

Thank you!

Obrigada!

Questions?

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