

Are we *part* of nature or *apart* from nature?



our current disconnected relationship with nature

The RHSRNbc's sixth chapter seeks to understand how humans may better interact with all ecosystems of Earth and how we can re-engage with nature, especially in the face of rapidly accelerating climate change.



9 in 10

Canadians agreed that they feel happier when more connected to nature



6%

Canadians reported only spending 6% of their day outside

how do we define nature?

anthropocentrism

Nature's value is in its benefit to humans, should be managed, controlled and consumed

biocentrism

Nature has intrinsic value and should remain undisturbed as possible

Western views



Indigenous views



health benefits of nature:

quality of sleep 

increased

self-rated health and wellbeing 



120 minutes in nature
per week has shown to



symptoms of ADHD stress 

reduced

cardio-metabolic conditions 

eco-paralysis

eco-anxiety

PTSD

the growing concerns of climate change are affecting mental health

violence

solastagia



ecological grief

how do we re-engage with nature?

 children & community 

nature/forest schools give youth the agency and freedom to continuously direct their learning through explorative play, fostering a deep connection with their natural surroundings



nurturing positive relationships between people, communities, and the natural environment by integrating community gardening and collaborative food production with ecological restoration

community gardens

PaRx
A Prescription for Nature

Canada's first national, evidence-based nature prescription program where licensed healthcare professionals can register to receive guides and patient resources for filling nature prescriptions.

"We must build landscapes that heal, connect and empower, that make intelligible our relations with each other and the natural world."
- Alex Wilson

Nearness to nature is core to living rurally with the rural context creating a natural interface for humans and nature.



feasible

Implementing innovative ideas is more feasible in rural settings due to this smaller scale



Supportive social networks may lend themselves to better community uptake of nature-based programs

support

connection

Rural contexts enable a greater potential for connection with nature

