



WILD AS WELL

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STAFF AND PATIENT WELLBEING

NATUREWELL
SUPPORTING PEOPLE
AND NATURE TO
FLOURISH AND RECOVER
TOGETHER



Merging the Five Pathways to Nature Connection (University of Derby) and the Natural Self model (Natural Academy), NatureWell offers staff and patients the opportunity to come into a shared experience of accessing contact, beauty, emotions, compassion and meaning through nature connection to relax, resource and revitalise individuals and teams.

<https://www.derby.ac.uk/news/2021/new-guide-shows-the-pathways-to-a-stronger-connection-with-nature/>

<https://www.naturalacademy.org/naturewell/>



Kate Whyatt, from Wild as Well is the only accredited NatureWell trainer in the East Midlands. Based in Nottingham and with fifteen years of frontline roles in adult social care in both the city and county, Kate qualified as an Ecotherapist in January 2023 and is an accredited Trusted Green Social Prescribing Provider.

NATUREWELL PILOTED IN 5 NHS SITES IN 2021 AND IS NOW EMBEDDED IN TRUSTS ACROSS THE COUNTRY. OTHER STATUTORY SERVICES INCLUDING SOCIAL CARE, POLICE, FIRE & RESCUE, AMBULANCE AND SOCIAL PRESCRIBERS HAVE ALSO INVESTED IN NATUREWELL FOR STAFF WELLBEING.

NATUREWELL

WHY IT SUPPORTS WELLBEING



NATURE CONNECTION

The term 'nature connection' is frequently used to describe our enduring relationship with nature, including emotions, attitudes and behaviour.

There is also increasing evidence of a positive relationship between a person's connection to nature and their health and wellbeing. Experiencing nature is shown to provide health and wellbeing benefits. A closer connection to nature also creates other benefits to communities and the environment itself, as reciprocal supportive relationships are formed and strengthened.

<https://www.rspb.org.uk/our-work/conservation/projects/connection-to-nature/>

HEDONIC AND EUDAIMONIC WELLBEING

Hedonic wellbeing is the daily act of feeling happy through playfulness, fun and blissful ease. Eudaimonic wellbeing comes from a sense of meaning and purpose through achievement and overcoming challenge.

NatureWell offers opportunities to develop both..

STAFF WELLBEING

Staff wellbeing is at the heart of delivering good health care outcomes to patients. Burnout, sickness and under-staffing puts pressure on remaining staff and impacts quality of service, resulting in more challenges while caring for patients within community and inpatient settings.

NatureWell offers staff an opportunity to learn new skills to support themselves in becoming more resilient through deepening their connection to nature - which they can then continue to access both at, and away from work. More resilient staff are undoubtedly better placed to have a positive impact on the recovery of patients, and in strengthening teams affected by the recent challenges of austerity, the pandemic and general day-to-day pressures.



CREATING NEW EXPERIENCES TO RELAX, RESOURCE AND REVITALISE



WHAT IS NATUREWELL?

It's a three x 3hr group session programme that offers nature connection activities and ecotherapeutic interventions to facilitate each participant to embody and share their experiences of hedonic and eudaimonic wellbeing



GROUNDING

A nature-based mindfulness practice to activate our senses to 'land' in our bodies together, in the natural space

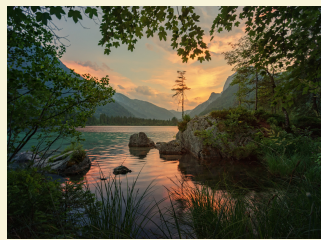
CHECK IN

An opportunity to speak and share whatever is arising in us as we begin our sessions together

**NOT
ALL WHO
WANDER
ARE LOST**
J.R.R. Tolkein

CONTACT

Deepening into our senses, there is an opportunity to wander without purpose, being led by our senses, our feelings and our imagination



EMOTIONS

Discover and work with the four emotions shared with the animal kingdom. Experience nature's ability to support the healthy flow of emotions

COMPASSION

Experience activities that embody the reciprocal relationship in our connection to nature

BEAUTY

An activity to stimulate our creativity and evoke feelings of hope and hedonic wellbeing

MEANING

Nature offers us metaphors and symbols that speak to our unique and universal meaning and purpose



INTEGRATION

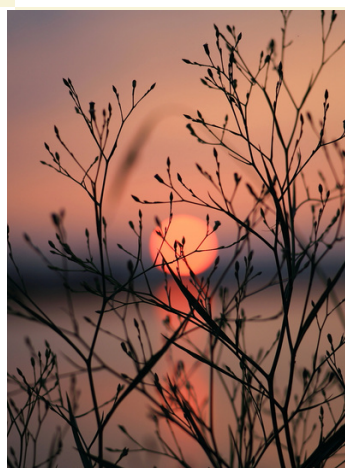
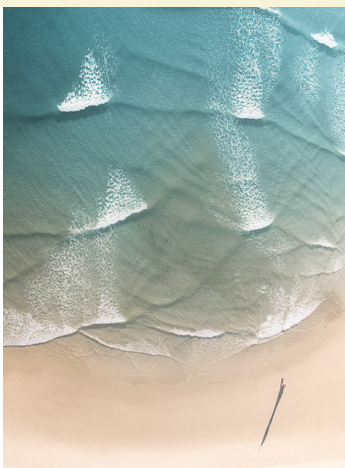
Embody our whole NatureWell experience for the long-term.

GRATITUDE PRACTICE

Like mindfulness, a gratitude practice improves our immune systems and our resilience to stress

CHECK OUT

A final opportunity to share our thoughts and feelings before each session ends



EVIDENCE AND RESEARCH



SPACE TO BREATHE: VALUING GREEN SPACE AT NHS SITES FOR STAFF WELLBEING



The study concludes that ecotherapy can be effective in raising wellbeing [in individuals], in enhancing social inclusion, in increasing contact and connection with nature, in equipping participants with useful coping skills, and in encouraging the development of healthy lifestyles and more environmentally friendly living.

The study finds that such activities can help change how a person feels, reducing feelings of depression, anger, anxiety and stress as well as elevating mood and self-esteem.

Staff wellbeing and the impact of stress are critical issues for the health service. Even before the Covid-19 crisis, work-related stress affected more than 40% of staff across the year (NHS England, 2020).

Anxiety, depression, stress and other psychiatric illness are the leading cause of staff absence, accounting for nearly a quarter (24.7%) of all days lost to sickness, and more than double the percentage of sick days taken for musculoskeletal problems (10.4%), the next most common cause of absence.

Absence due to sickness is higher in the NHS than it is in the rest of the economy (Copeland, 2019)



PUBLISHED EVALUATION RESOURCES

Space to Breathe: study on staff wellbeing to Breathe (<https://nhsforest.org/news/space-to-breathe-study-shows-value-of-nhs-green-space-for-staff-wellbeing/>)

Bringing nature into CAMHS inpatient services: reflections for the implementation and integration of training into practice (<https://pubmed.ncbi.nlm.nih.gov/36165746>)

Green space-for Health-2021-22 Evaluation Report (<https://nhsforest.org/wp-content/uploads/2022/06/Green-space-for-Health-2021-22-Evaluation-Report.pdf>)

2021 NATUREWELL PILOT RESULTS:

84% of staff who participated in wellbeing sessions reported NatureWell improved their wellbeing

Participants reported significantly higher levels of wellbeing, life satisfaction and happiness both immediately and one month after the course ended.

A large majority of participants agreed/strongly agreed that learning wellbeing in nature skills had helped them to cope with stress at work.

Participants reported that learning wellbeing in nature skills has "helped to improve my wellbeing at work" and has "helped me to cope with stress at work"