

Nature Connection and Human Wellbeing

Mauiui Sickness

Despair
'Trash' throw-away consumerism

Anxiety and depression
Lack of empathy
Violence to animals
leads to violence to people
'Fake' nature, pre-programmed
Isolated
Living on-line, 'virtural' life
Inequality
Little access to nature

Disempowered
Useless and helpless

Processed food
Sugar and obesity
the 'poor food' epidemic
Sedentary on-line life leading to a
wide range of health problems

Lost, homeless
Polluted unsafe environments

Wairua
Spirituality

Hinengaro
Heart & Mind

Whanaungatanga
Community

Mahi
Work

Kai
Food

Tinana
Physical health

Kainga
Home

Hauora Wellness

Beauty, hope, joy, wonder:
"Then sings my soul"
Aware of limits,
cycles of life and death

Care and empathy
Connection
Calming effect of nature contact,
gentle mental stimulation

Belonging
Significance
Cultural identify
Shared spaces
Generosity
Making a contribution
Being creative

Healthy eating
Growing food

Fit and healthy
Better recovery from illness
with nature contact

'Place' is significant: story
Belonging and whakapapa

Programmes

Arts
Meditation and contemplation
Eco-theology and worship

Science, understanding nature
Pets, relating to animals
Riding for the Disabled
Eco-therapy

Community events
Culture, Te Reo
Local parks
Bike repair

Beach/river clean-ups
Planting days
Gardening
Pest control
Garden to plate
Farmers Markets

Walking groups
Green prescriptions
Adventure camping
Cycling
Social housing
Thriving marae

