



PANEL: Making Nature Your Story: Moving Forward to a New Relationship with Nature



**Dr. Holli-Anne Passmore** is Assistant Professor of Psychology and Director of Nature-Meaning in Life Research Lab at the Concordia University of Edmonton. **Prof. John M. Zelenski** is a Professor of Psychology and directs the Carleton University Happiness Laboratory in Ottawa. **Prof. Miles Richardson** founded the Nature Connectedness Research Group at the University of Derby. Dive into the human relationship with nature, from climate change grief to the power of nature to restore us to mental health.

**TOP EMBODIMENT TIP:** Go out in nature. Feel it. Touch it. That's embodiment.

John Zelenski: Nature Relatedness

- Nature relatedness is the subjective sense of connection with nature. It's an effective, cognitive, and physical relationship.
- **Nature relatedness can provide a happy path to healthier and more sustainable communities.**
- Nature relatedness is correlated with more time spent outdoors, growing up in a rural setting, and sustainable attitudes (including taking action in keeping with those attitudes).

Miles Richardson: Improving Nature Connectedness

- Research shows that nature connectedness is good for nature and good for you.
- Unfortunately, we're paying less attention to nature over time - 80 percent of people say they never watch wildlife. Yet **people who pay attention to nature feel better.**
- To begin noticing, look for 3 good things in nature each day.

Holli-Anne Passmore: Coping with Eco-Anxiety

- Eco-anxiety refers to the chronic, persistent feelings of anxiety, worry, and doom related to the degradation of our natural environment.
- It's an existential crisis, challenging the way we create meaning, define ourselves, and understand life and death.
- **We need to acknowledge eco-anxiety and give voice to the grief if we are to take meaningful action.**

Resources

- ❖ **Books:** *Positive Psychology: The Science of Well Being* by John Zelenski
- ❖ **Websites:**
  - Miles Richardson's Finding Nature Blog: [findingnature.org.uk](http://findingnature.org.uk)
  - Holli-Anne Passmore: [people.ok.ubc.ca/hapassmo](http://people.ok.ubc.ca/hapassmo)
  - Happiness Lab (John Zelenski): [carleton.ca/happinesslab/dr-zelenski](http://carleton.ca/happinesslab/dr-zelenski)
- ❖ **References:** *Biophilia* by E.O. Wilson



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**Dr Holli-Anne Passmore**



**Prof. John M. Zelenski**



**Prof. Miles Richardson**



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The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

**OUR MISSION** is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.