

# WELCOME EVERYONE!

EUROPARC Webinar

**14** December 2022  
10:00 CET

## Ways to Wellbeing in Nature: Activating Parks and Protected Areas as Natural Health Centres.

Organised by:



*This event is funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or CINEA. Neither the European Union nor CINEA can be held responsible for them.*

Trail in Punkaharju, Finland  
Photo credit: Saara Lavi/ Metsähälytys



# EUROPARC webinar



Healthy Parks  
Healthy People  
EUROPE

## Some important welcome notes



We are recording



Put your camera on if possible



Write your name and organisation



Use the chat for questions



Recordings are stored [here](#)



At the end, fill in the evaluation form on the chat, we value your feedback!

# Today's agenda



Healthy Parks  
Healthy People  
EUROPE

- 1. Setting the scene** – Peter Rawcliffe, EUROPARC Federation Council  
*Welcome and introduction to the webinar*  
*Five Ways to Wellbeing in nature*
- 2. Case Studies**  
*Connecting communities with nature to help support mental health through Green Social Prescribing* – Peak District National Park Authority, UK – Jo Hanney, Ranger  
*Green Care – Nature and Mental Health* – Berchtesgadener Land Biosphere Region, Germany – Meike Krebs-Fehrmann, Scientific Officer
- 3. Using the HPHPe Toolkit to realise health projects** – Bridget Finton, NatureScot
- 4. Final Q&A and conclusions** – Peter Rawcliffe, EUROPARC Federation Council



# EUROPARC Federation



**Our programme focus areas include:  
Nature protection & ...**

**Health  
Agriculture  
Marine, Fishing  
Tourism  
Climate change  
Large carnivores  
Cross-border cooperation  
Culture  
Youth  
Sport**

**The largest network of European Protected Areas  
(parks, reserves, Natura2000 and other categories)**

**Around 400 Members representing thousands of  
PAs in 37 countries**

**Offices in Regensburg - DE (headquarters),  
Brussels-BE, Barcelona-ES  
(+ in The Netherlands, UK, Italy)**

**8 National/inter-national sections**

# Healthy Parks Healthy People EUROPE



Healthy Parks  
Healthy People  
EUROPE

## Our goal

We want to maximise the contribution of Europe's parks and PAs on:

- Improving public health & well-being for all and reducing health inequalities
- Protecting, restoring & investing in biodiversity
- Responding to the climate emergency

HPHPe is a Europe-wide programme developed by the EUROPARC Federation to support parks and Protected Areas in 37 countries to deliver better outcomes for the health of people and nature.

We want happier and healthier people, connected to nature-rich parks and protected areas!



# HPHPe resources



Healthy Parks  
Healthy People  
EUROPE

- Graphic guidelines
- A tool-kit
- A compilation of tools and case studies to inspire your activities.

Find out more at

<https://www.europarc.org/knowledge-hub/health-green-exercise-hphp/>



# We are on LinkedIn!



## Join our brand new LinkedIn group!

You can find us at:

<https://www.linkedin.com/groups/12732694/>

Alternatively - type: Healthy Parks Healthy People Europe in the search button and you will find us 😊

# Mental health in Europe



Healthy Parks  
Healthy People  
EUROPE

- Mental disorders are by far the most significant of the chronic conditions affecting the population of Europe, accounting for just under 40% of all years lived with disability.
- Depression alone is responsible for 13.7% of the disability burden, making it the leading chronic condition in Europe
- Inequalities in mental health and wellbeing exist. Throughout Europe, prevalence of most mental disorders is higher among those living in more deprived areas.
- Mental health problems affect around one in six children. They include depression, anxiety, eating disorders and self harm.
- Mental disorders often co-exist with other diseases, including cancers and cardiovascular disease
- Risk factors such as obesity, excessive alcohol consumption, and low levels of physical activity, are common to both mental disorders and other non-communicable diseases.

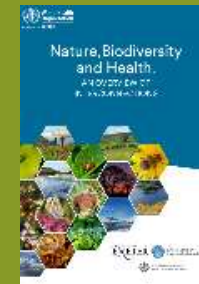




# Ways to well-being in nature



1. There are some known **beneficial physical, emotional, physiological effects** that occur when humans encounter, observe or otherwise positively interact with animals, plants, landscapes or wilderness
2. Natural environments foster **recovery from mental fatigue** and are restorative
3. There are **established methods of nature-based therapy** that have success healing patients who previously had not responded to treatment
4. When given a choice **people prefer natural environments** (particularly those with water features, large old trees, intact vegetation or minimal human influence) to urban ones, regardless of nationality or culture
5. The majority of places that people consider restorative are **natural places**, and being in these places is recuperative
6. People have a **more positive outlook on life and higher life satisfaction** when in proximity to nature (particularly in urban areas)
7. Exposure to natural environments **enhances the ability to cope** with and recover from stress, cope with subsequent stress and recover from illness and injury
8. Observing nature can **restore concentration and improve productivity**
9. Having **nature in close proximity, or just knowing it exists**, is important to people regardless of whether they are regular 'users' of it
10. People with good **nature connectedness** tend to be happier

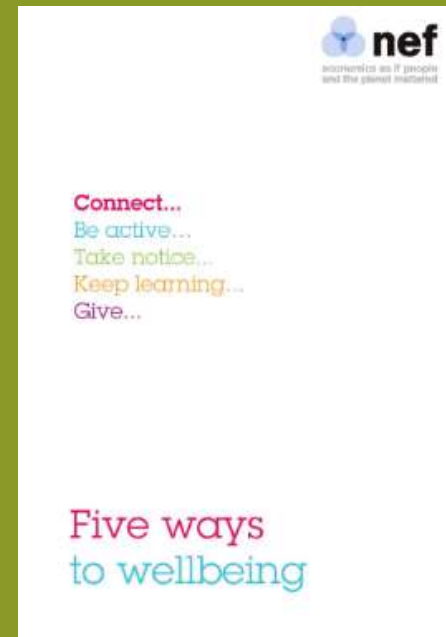


**“We evaluate methods to calculate the economic value of protected areas derived from the improved mental health of visitors. A conservative global estimate using quality-adjusted life years, a standard measure in health economics, is US\$6 trillion p.a”**

# Developing HPHPe practice



- Development of more targeted green health programmes
  - Partnerships with the health and other sectors
  - Focus on health conditions and health inequalities
  - Monitoring and evaluation of health outcomes
  - Communications
- Staff and organisational training and capacity building
- Embedding five ways well





# Natural ways to wellbeing



Dr Amir Khan,  
the Wildlife Trust  
World Mental Health Day

# Five ways well



**Wild Ways Well**  
12 ways to get well

How	Why	Where
1. Participate in an outdoor activity that is fun and challenging.	Improves mental health.	Anywhere in nature.
2. Meet new people and share experiences.	Builds social connections.	Anywhere in nature.
3. Take part in a practical outdoor activity that is fun and challenging.	Improves physical health.	Anywhere in nature.
4. Spend time in nature with a dog.	Improves mental health.	Anywhere in nature.
5. Spend time in nature with a child.	Improves mental health.	Anywhere in nature.
6. Spend time in nature with a friend.	Improves mental health.	Anywhere in nature.
7. Spend time in nature with a partner.	Improves mental health.	Anywhere in nature.
8. Spend time in nature with a pet.	Improves mental health.	Anywhere in nature.
9. Spend time in nature with a friend.	Improves mental health.	Anywhere in nature.
10. Spend time in nature with a partner.	Improves mental health.	Anywhere in nature.
11. Spend time in nature with a pet.	Improves mental health.	Anywhere in nature.
12. Spend time in nature with a friend.	Improves mental health.	Anywhere in nature.



**BE ACTIVE** – Take part in health walks and practical outdoor activities. Explore your local paths, woods and greenspaces.

**CONNECT** – Meet new people. Connect with the people, the wildlife and the nature that's all around us.



**TAKE NOTICE** – Note the changing cycles of life. Use your senses. Listen to birds, smell the flowers, live in the moment.



**LEARN** – Identify plants and wildlife, try new crafts, learn new skills. Discover things about nature and about yourself.



**GIVE** – Your time to be in nature. Give something back by sharing experiences and undertaking conservation tasks.



# Five ways well



**Senses** - Noticing and actively engaging with nature through the senses, e.g. listening to birdsong, smelling wild flowers, or watching the breeze in the trees.

**Emotion** - Experiencing the joy and calm nature can bring, e.g. talking about, and reflecting on your feelings about nature.

**Beauty** - Simply taking time to appreciate nature's beauty, e.g. exploring the beauty of nature through art, music or in words.

**Meaning** - Exploring and celebrating how nature brings meaning to life, e.g. exploring how nature appears in songs and stories, poems and art, or by celebrating the signs and cycles of nature.

**Compassion** - Taking actions that are good for nature, e.g. creating homes for nature, and making ethical product choices.

- People's nature connectedness, rather than visits to nature, is key for feeling that life is worthwhile – nearly four times larger than the increase associated with socio-economic status.
- Nature connectedness and simple engagement with nature explains pro-environmental household behaviours and pro-nature conservation behaviours.

Miles Richardson, Professor of Human Factors and Nature Connectedness, Derby University