



WILDERNESS FOUNDATION
(51.809766° S, 0.486558° E)
www.wildernessfoundation.org.uk

**THE WILDERNESS
FOUNDATION UK
HARNESSES THE
POSITIVE POWER
OF WILDERNESS
TO CHANGE LIVES
AND THE POSITIVE
POWER OF HUMANITY
TO SAVE WILDERNESS.**

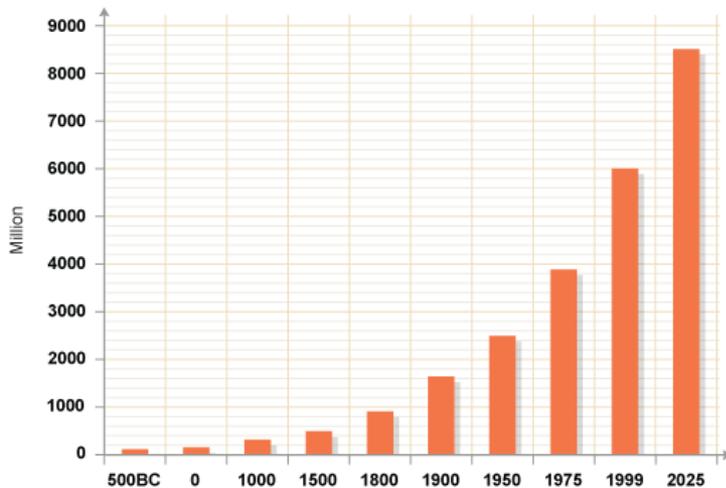


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Our World Today



Technology & Nature Deficit



World Population Growth



Endangered Wild Spaces

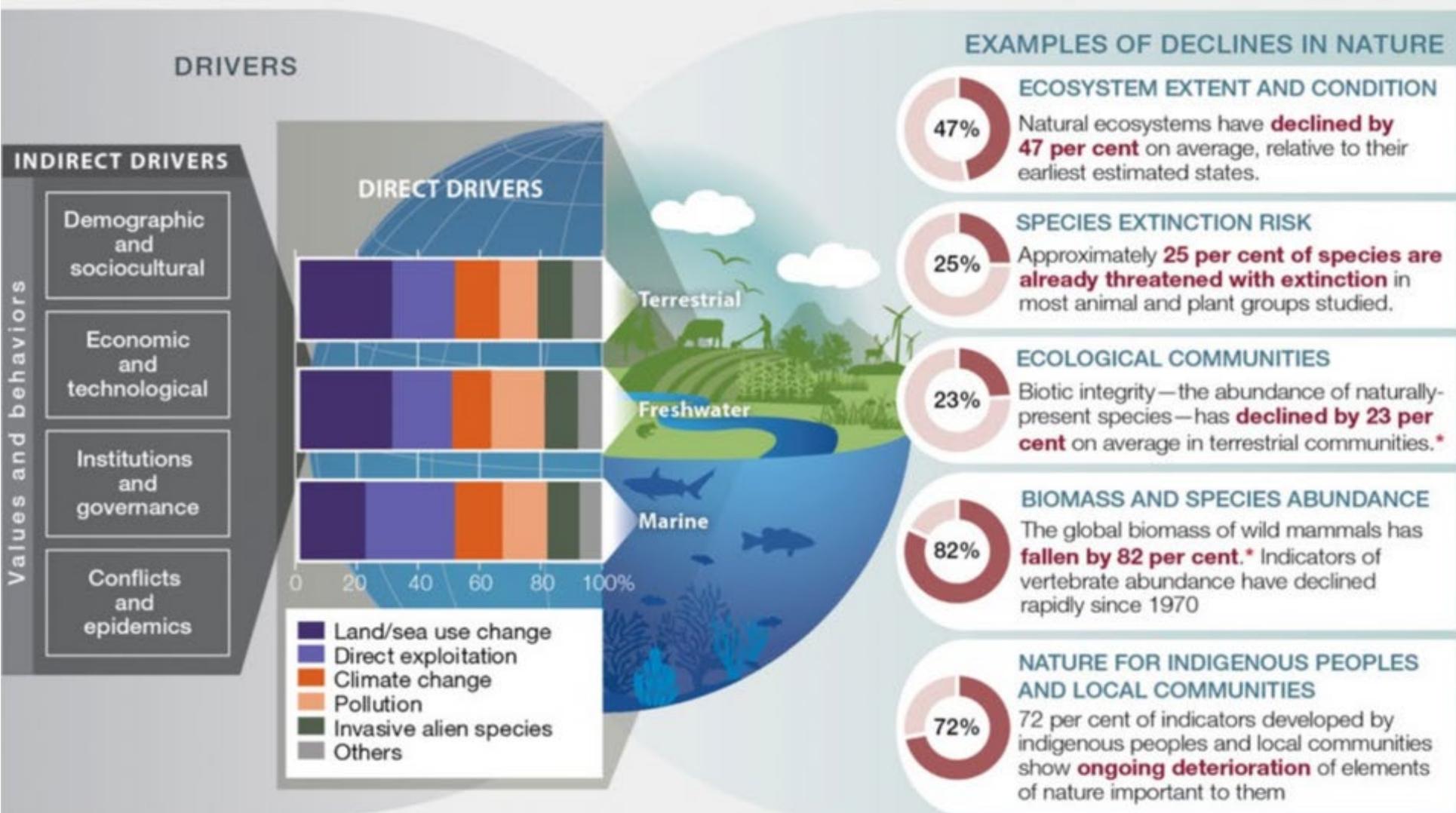


Mental Health issues



*Examples of global declines in nature, emphasizing declines in biodiversity, that have been and are being caused by direct and indirect drivers of change.
(Credit: IPBES Summary For Policymakers report.)*

IPBES SUMMARY FOR POLICYMAKERS REPORT.



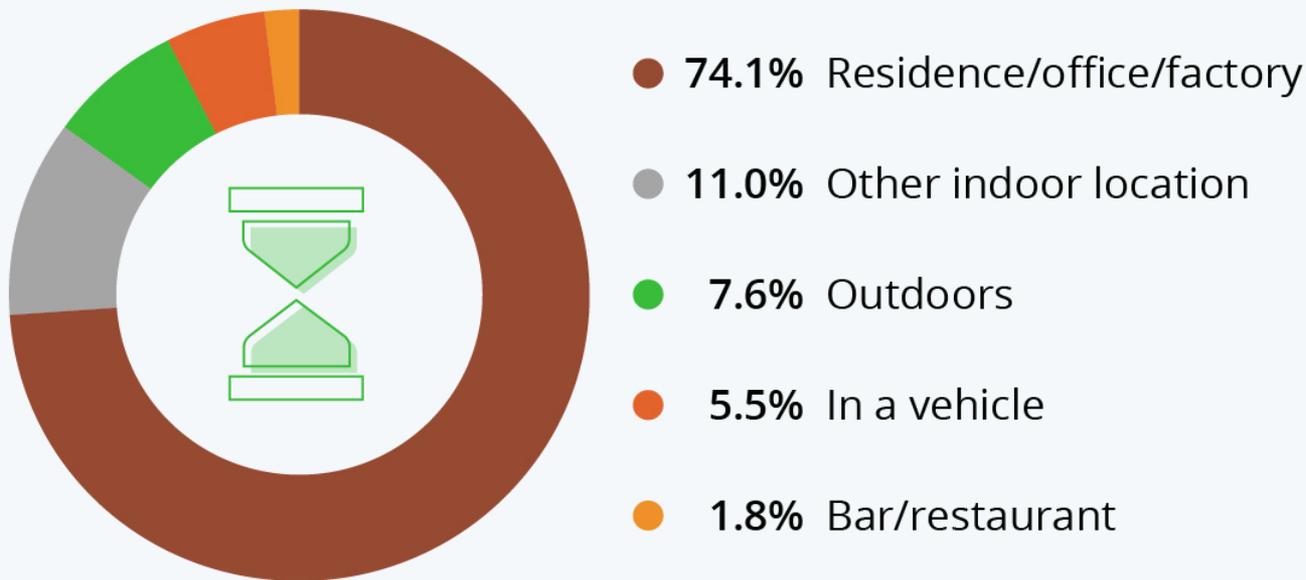
Nature Deficit Disorder



Modern intensive urban living leads to a disconnection with Nature and the Rural Sector, leading to potential Nature Deficit Disorder/loss of pro environmental behaviours

Americans Spend Less Than 8 Percent of Their Time Outdoors

Where Americans spend their time on an average day, based on diary study (2001)



Source: EPA National Human Activity Pattern Survey



On average, Britain's children watch more than 17 hours of television a week: that's almost two-and-a-half hours per day, every single day of the year. Despite the rival attractions of the Internet, this is up by 12% since 2007.⁷

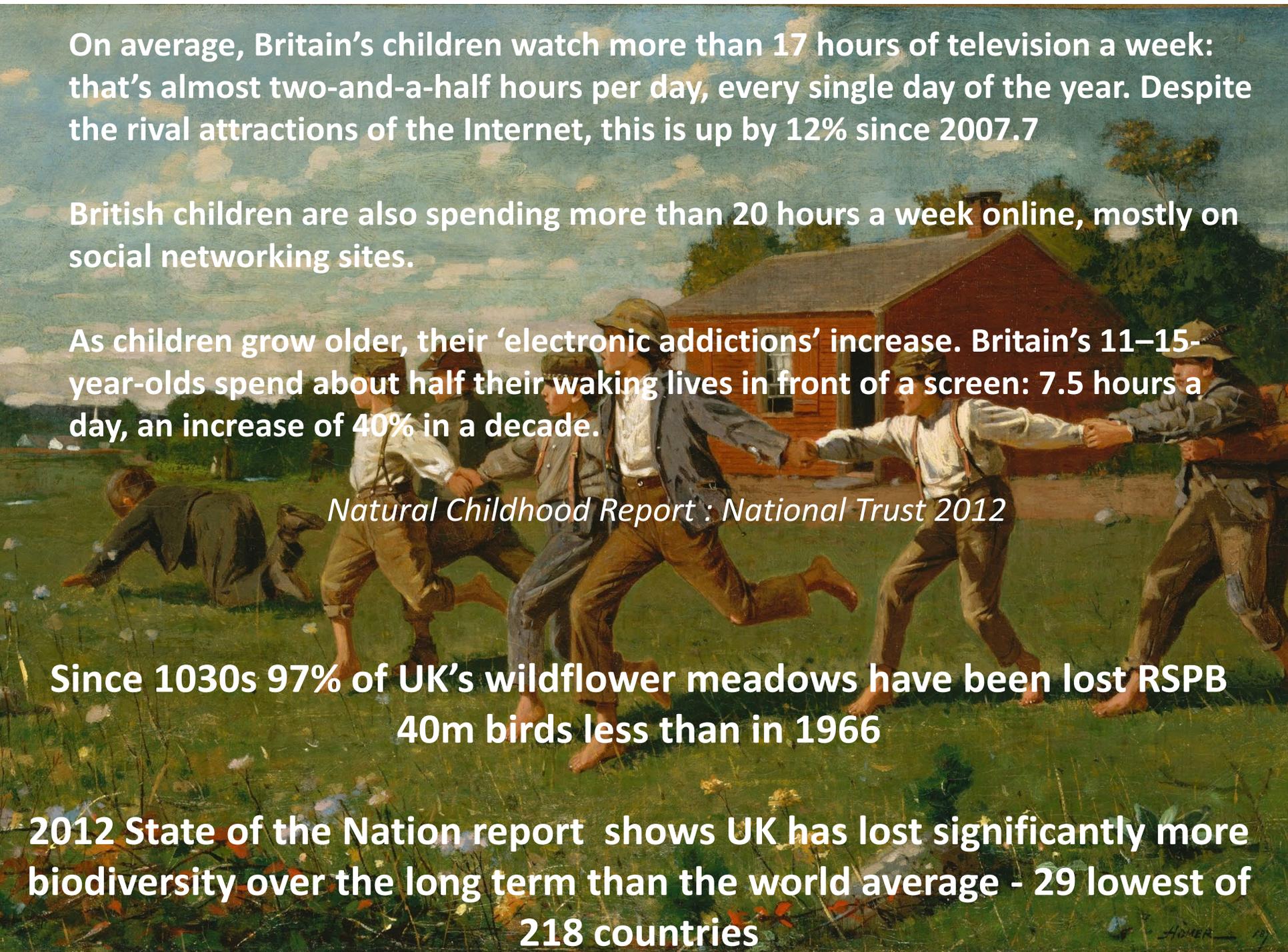
British children are also spending more than 20 hours a week online, mostly on social networking sites.

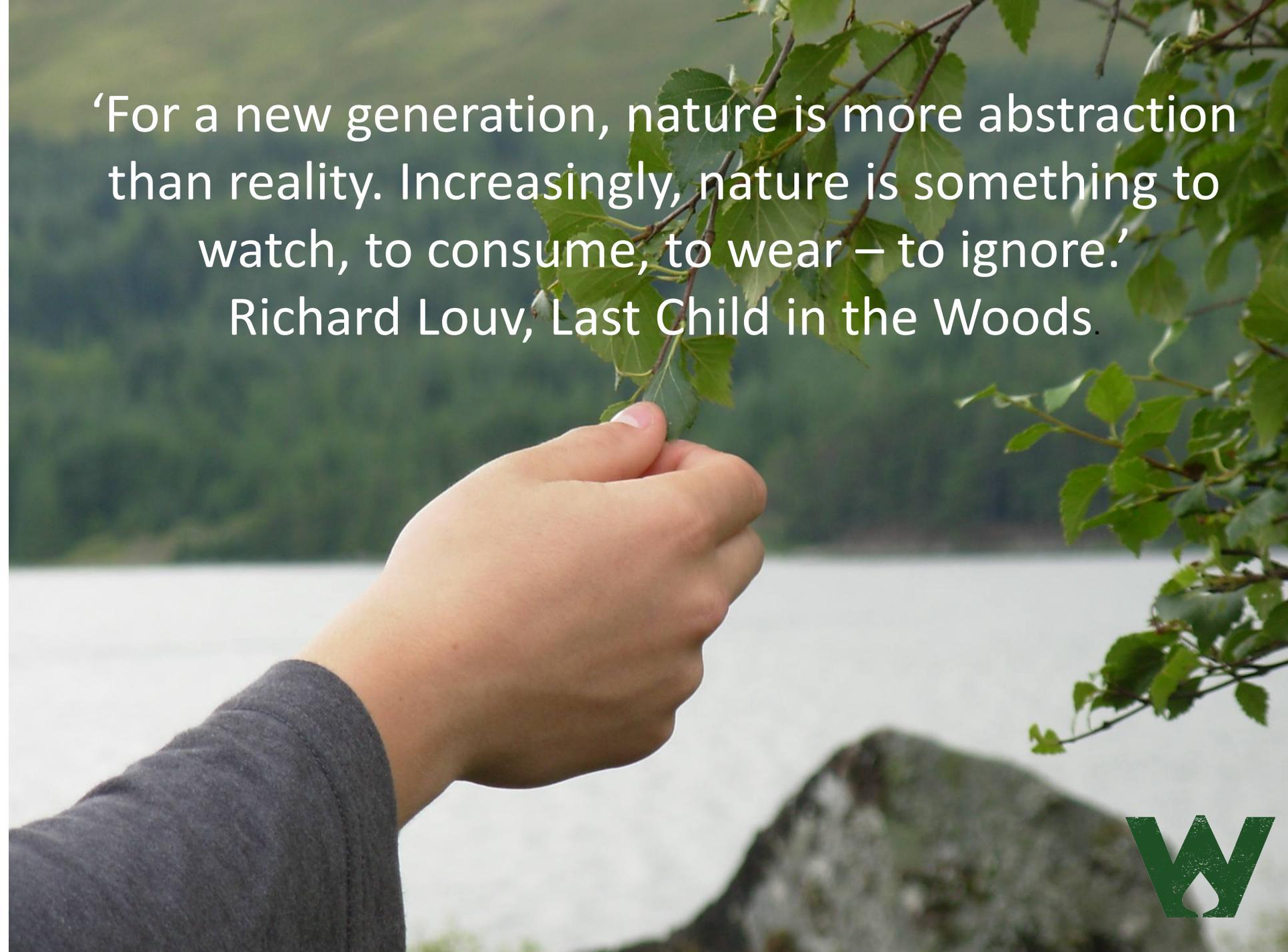
As children grow older, their 'electronic addictions' increase. Britain's 11–15-year-olds spend about half their waking lives in front of a screen: 7.5 hours a day, an increase of 40% in a decade.

Natural Childhood Report : National Trust 2012

Since 1030s 97% of UK's wildflower meadows have been lost RSPB
40m birds less than in 1966

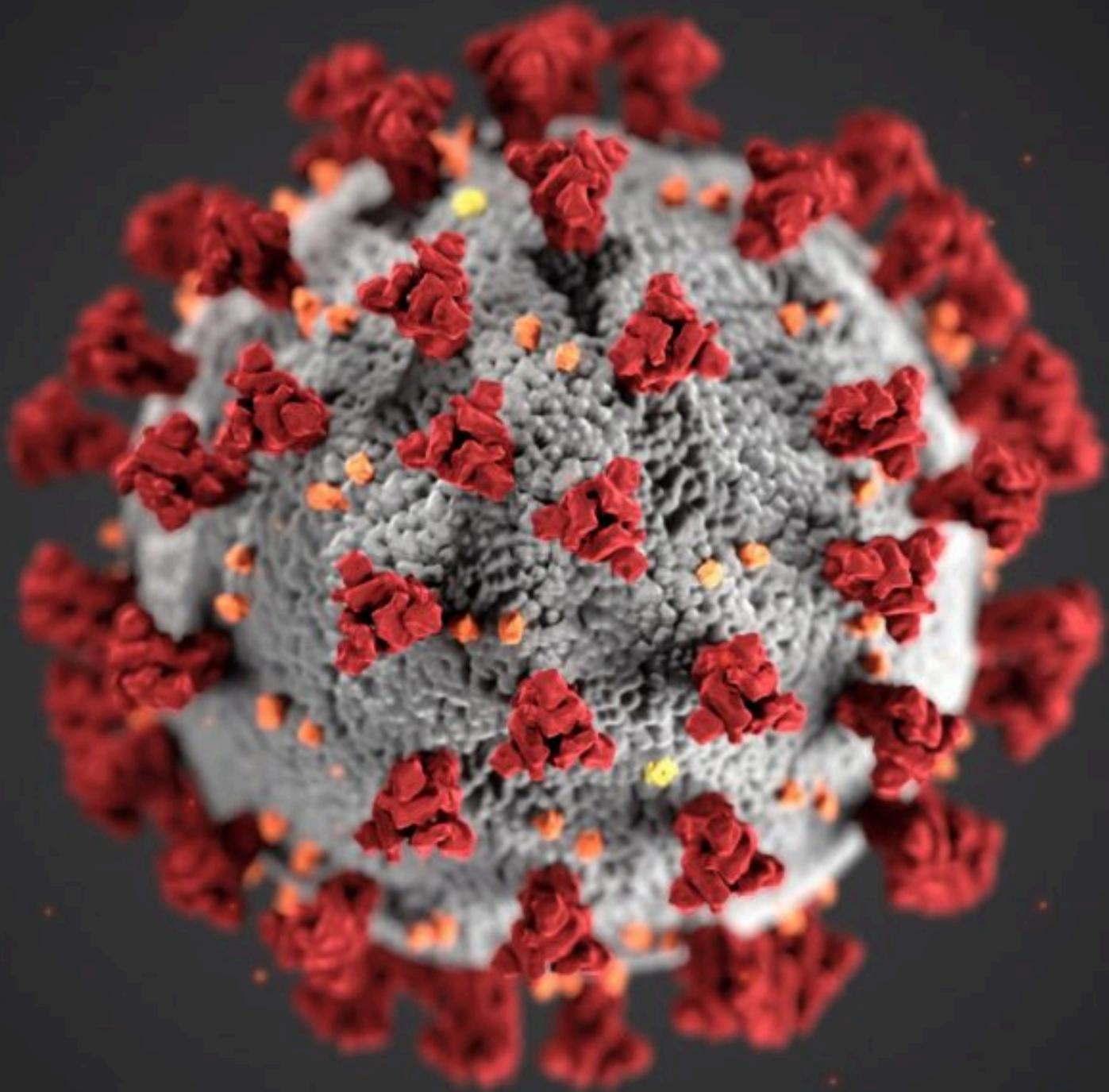
2012 State of the Nation report shows UK has lost significantly more biodiversity over the long term than the world average - 29 lowest of 218 countries



A close-up photograph of a person's hand holding a thin branch with several bright green leaves. The background is a soft-focus landscape featuring a calm body of water, a dark forested hillside, and a large, light-colored rock formation in the foreground. The overall scene is peaceful and natural.

‘For a new generation, nature is more abstraction than reality. Increasingly, nature is something to watch, to consume, to wear – to ignore.’
Richard Louv, Last Child in the Woods.





OUR DUTY: PHYSICAL FRIENDS
AND RESPONSIBILITY



distancing



to

PROTECT

OUR

FAMILIES.



FELLOW
Citizens

Pre Covid Mental Health issues



1 in 4 people will experience a mental health problem each year (Mind)

3.3% of people in England, Scotland and Wales suffered from Depression week before last (NHS)

1 million people a month were in contact with mental health services in England in 2017 (NHS)

In 2018 cost to the UK government of mental health was in excess of £94 billion each year.



Covid 19 Mental health issues in the UK (MIND /August 2020)

Essential learnings

- More than half of adults and over two thirds of young people said that their mental health has gotten worse during the period of lockdown restrictions, from early April to mid-May.
- Restrictions on seeing people, being able to go outside and worries about the health of family and friends are the key factors driving poor mental health. Boredom is also a major problem for young people.
- Loneliness has been a key contributor to poor mental health. Feelings of loneliness have made nearly two thirds of people's mental health worse during the past month, with 18–24 year olds the most likely to see loneliness affect their mental health.
- Many people do not feel entitled to seek help, and have difficulty accessing it when they do. 1 in 3 adults and more than 1 in 4 young people did not access support during lockdown because they did not think that they deserved support.
- A quarter of adults and young people who tried to access support were unable to do so. Not feeling comfortable using phone/video call technology has been one of the main barriers to accessing support.

Maslow's Hierarchy of Needs



ELEMENTAL HEALTH

Reduces stress
Perceived
Objective eg cortisol
Restores mental fatigue

Enhances social cohesion
Reduces social isolation
Improves social
networking
Encourages
intergenerational links



Improves mental
health & wellbeing

Reduces health
inequalities

**Provides a sense
of belonging**

Facilitates activity
Improves physical health
Lowers BP
Increases HRV
Reduces obesity

Reduces property crime
violent crime
Levels of aggression







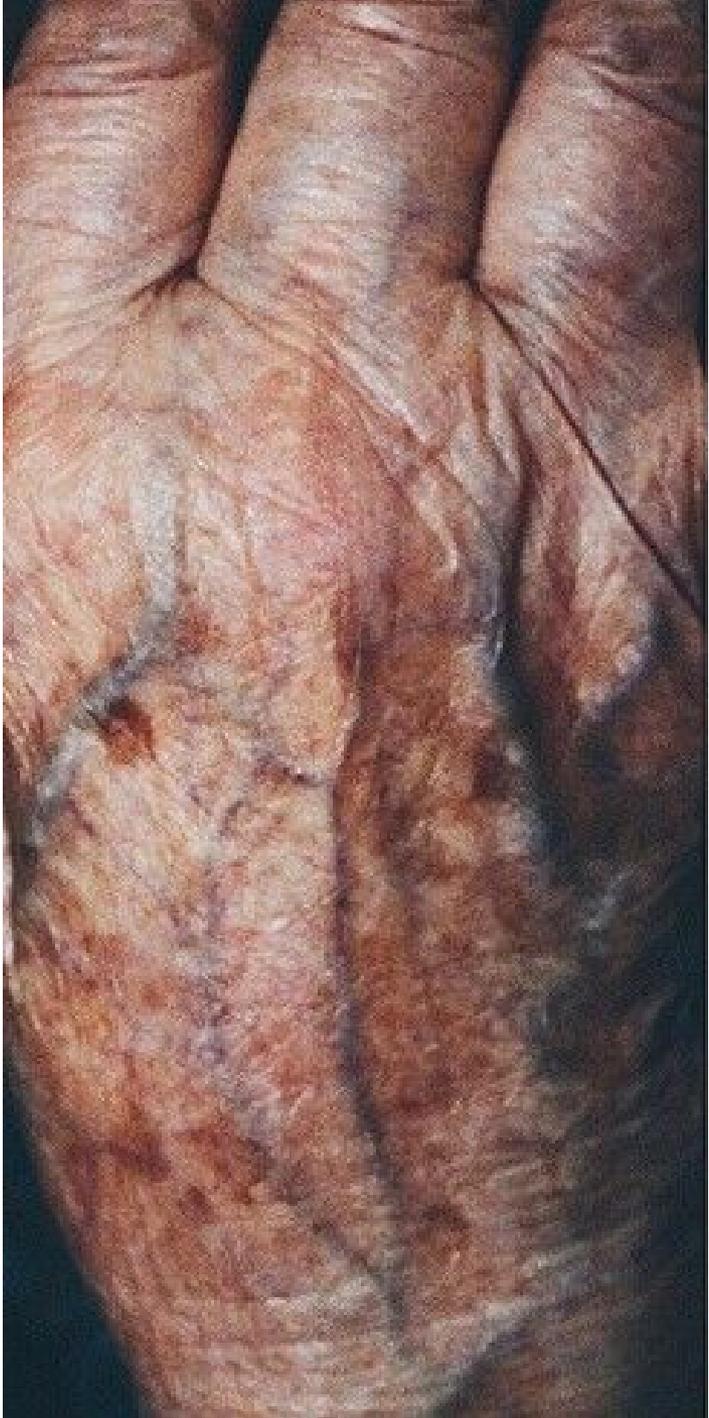
**The Chatham Green Project:
Environmental and Sustainability
Education for all ages – mental health and disability**



Forest School







**Out There Wilderness Academy:
13-15 year olds with complex needs**









Turnaround

16-21 year olds with complex needs:

"Before I started TurnAround I was like a deflated ball, I had lost my bounce. I was no longer useful and was left to survive on my own. Then an opportunity was given, and each time I attended was like pumping a little bit of air in to me gradually filling up."

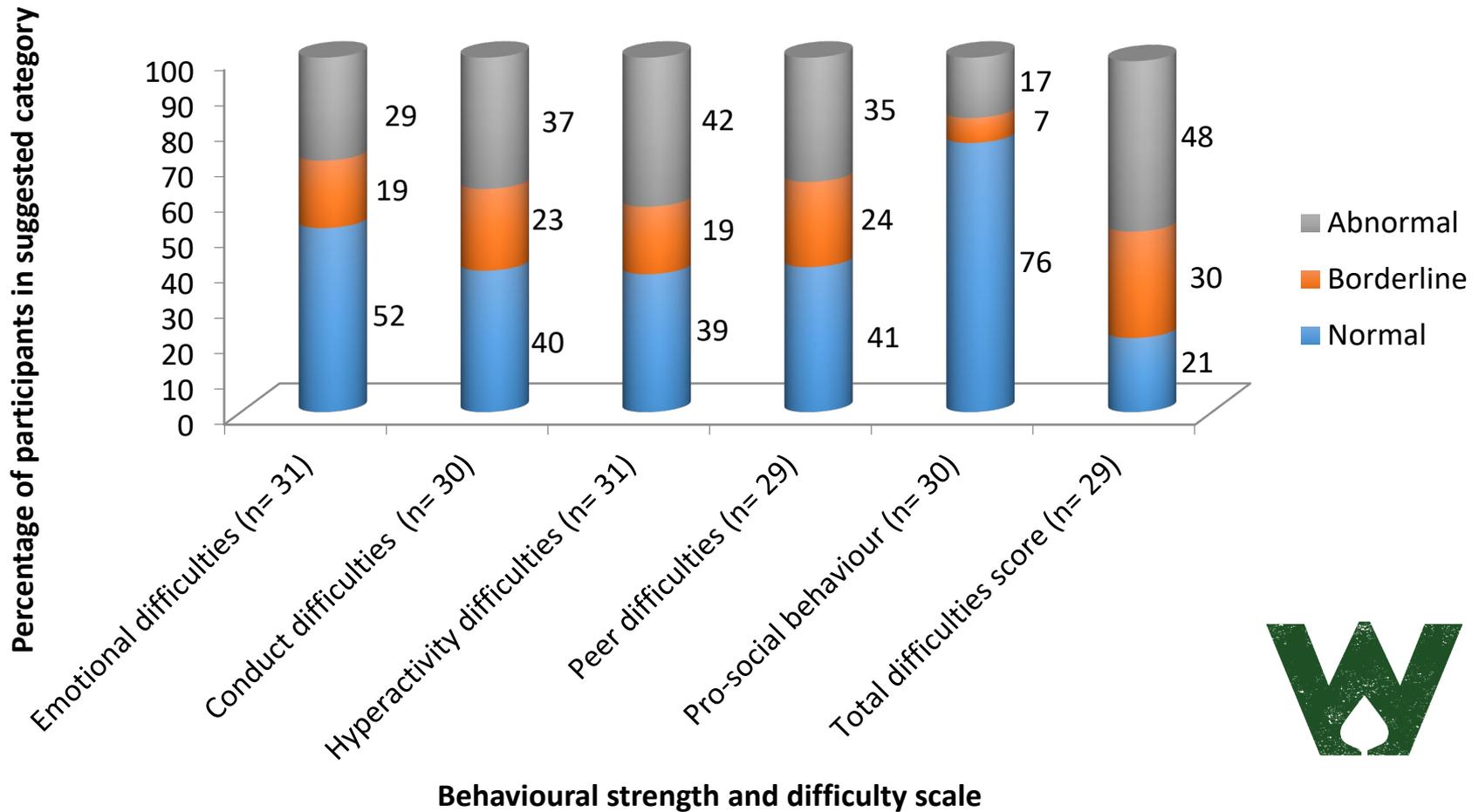
Turnaround participant 2014



Working with Youth at Risk



% Description of young people at the start of the programme: Behavioural strengths and difficulties





Wilderness Journeys





NOVA CRAFT CANOE







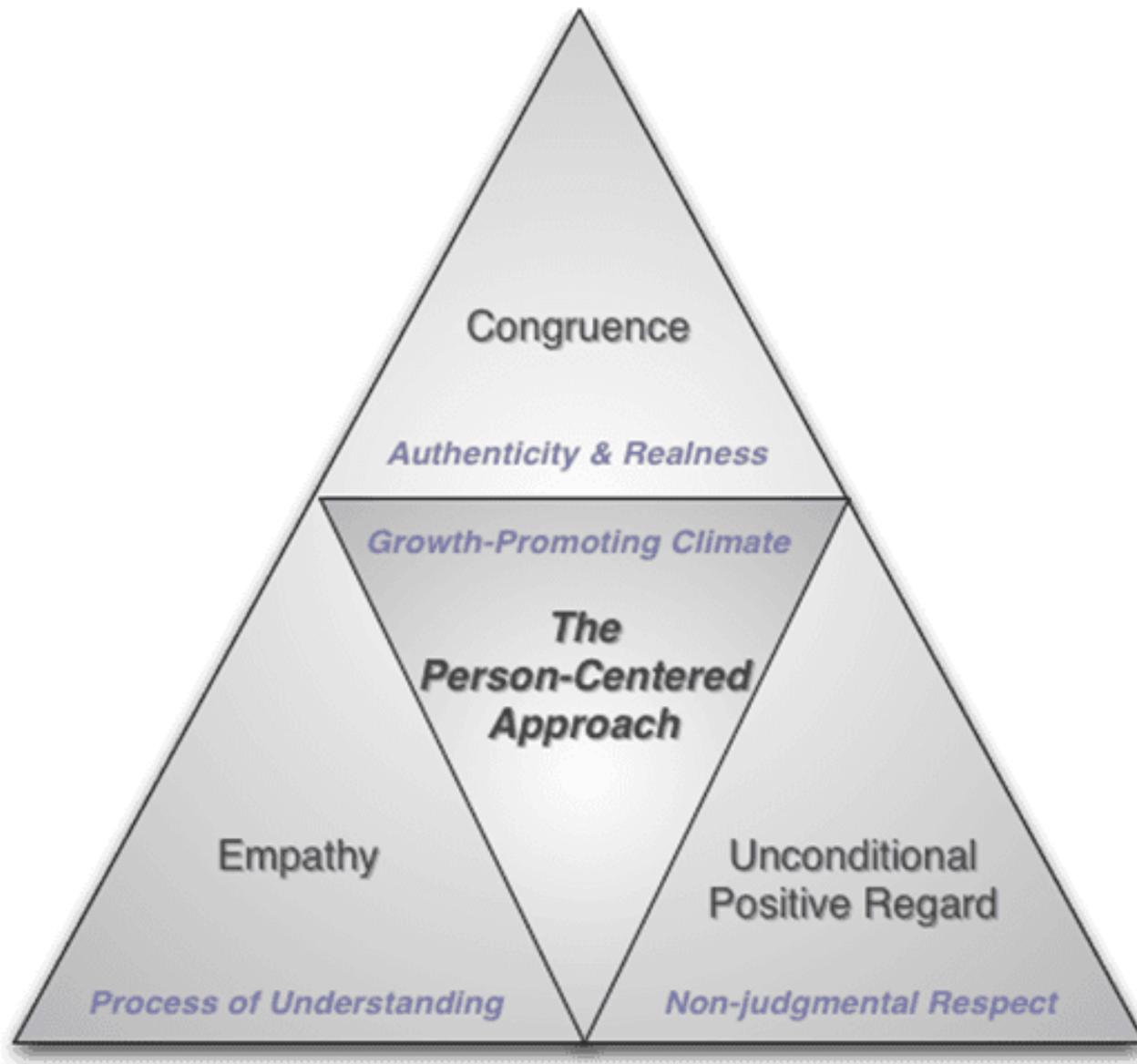








Our practice



BELONGING

A sense of community, loving others, and being

MASTERY

Competence in many areas; cognitive, physical, social, and spiritual. Having self-control, responsibility, striving to achieve personal goals rather than superiority.



INDEPENDENCE

Making one's own decisions and being responsible for failure or success, setting one's own goals, disciplining one's self.

GENEROSITY

Looking forward to being able to contribute to others, be able to give cherished things to others.



Building Resilience





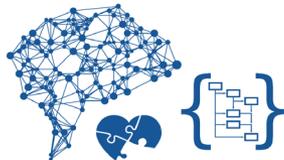


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Top 10 skills

in 2020

1. Complex Problem Solving
2. Critical Thinking
3. Creativity
4. People Management
5. Coordinating with Others
6. Emotional Intelligence
7. Judgment and Decision Making
8. Service Orientation
9. Negotiation
10. Cognitive Flexibility



in 2015

1. Complex Problem Solving
2. Coordinating with Others
3. People Management
4. Critical Thinking
5. Negotiation
6. Quality Control
7. Service Orientation
8. Judgment and Decision Making
9. Active Listening
10. Creativity



Source: Future of Jobs Report, World Economic Forum



Please Practice Leave No Trace



leave no trace
CENTER FOR OUTDOOR ETHICS

- › Plan Ahead and Prepare
- › Travel and Camp on Durable Surfaces
- › Dispose of Waste Properly
- › Leave What You Find
- › Minimize Campfire Impacts
- › Respect Wildlife
- › Be Considerate of Other Visitors





Science:





Forest Bathing



Farrow and Washburn 2019

A Review of Field Experiments of Forest Bathing on Anxiety and Heart Rate Variability.

Research explored outcomes on physiological and psychological effect.

Men 40-72: High Blood Pressure

Walk for 35 minutes for 4 sessions

Decrease in blood pressure, cortisol and urinary adrenalin

Feelings of 'natural' and 'relaxed.'

Middle Aged Women

Walk for 41 minutes for 4 sessions.

Vs prior day: Cortisol levels lower, feelings of being 'relaxed', 'comfortable', 'natural' in contrast to previous day.





Attention Restoration Therapy



*Kaplan: The restorative benefits of nature: Toward an integrative framework.
Journal of Environmental Psychology.*

What is Attention Restoration Theory?

Attention Restoration Theory, or ART, proposes that exposure to nature is not only enjoyable but can also help us improve our focus and ability to concentrate (Ohly, White, Wheeler, Bethel, Ukoumunne, Nikolaou, & Garside, 2016).

- According to ART, there are four key components that characterize a restorative environment:
 - Being Away
 - Soft Fascination
 - Extent
 - Compatibility

Over the past three decades, researchers have increasingly tested the Attention Restoration Theory and experimented with its boundaries. Some of the most important findings from these studies have been found in three separate areas:

- Mental fatigue
- Stress recovery
 - ADHD



Awe and Wonder



‘Awe and Wonder’ for Mental Wellbeing
Journal of Human Brain Mapping
Michiel van Elk

Research was published in the journal *Human Brain Mapping* by examining what the brain is doing when people have an awe experience.

- The University of Amsterdam’s Michiel van Elk and his colleagues used functional magnetic resonance imaging (fMRI) to scan the brains of 32 participants ages 18 to 41 while they watched three different types of 30-second videos. The videos featured awe-inspiring natural phenomena (e.g., stunning vistas from the BBC’s [Planet Earth](#) series), funny animals (e.g., elephants playing with tires and balls), and neutral landscapes (e.g., a small babbling brook).
- **Awe may help stop us from ruminating on our problems and daily stressors.** Instead, awe seems to **pull us out of ourselves** and make us feel immersed in our surroundings and the larger world (which may help explain its tendency to **inspire generosity and a sense of connection with others**).
- Dampening DMN activity may be key to giving us **a sense of self-transcendence**. Other studies have found decreased DMN activity when participants entered a **flow state**, during **meditation**, and when participants under the influence of **psychedelics** experienced “**ego dissolution**.” Awe appears to be another example of such a transformative experience.
- Van Elk’s study found one more piece of evidence that **awe engages us more with our external world and less with ourselves**. Counting perspective changes while watching the awe videos actually increased activity in areas of the fronto-parietal network—a brain network thought to be involved in externally directed attention—more than the other types of videos. “This finding underlines the **captivating, immersive, and attention-grabbing nature of awe**,” write the researchers.
- In research by **van Elk and others**, people in awe-inspiring situations reported feeling the **presence of something “larger than themselves,”** felt **less focused on themselves** and their concerns, and **drew smaller self-portraits than participants in more mundane situations**.



Reflection



“After doing this course nature now means everything to me. I find it very therapeutic as it helps my mind become clear of any worries, while being in a town these worries just keep constantly building up.” Participant



SKILLS

- Learn new things
- Knowledge on wildlife animals - falcons, birds etc.
- Learn to make better skins (Poo with a view)
- Really love animals
- Learning to be a better person
- Learning to be a better person

Highlights

- Bird houses
- Emmas talk on cones
- Reindeers
- Michael
- Keep in shape with new friends
- Ellie
- Community volunteer
- Really love outdoor
- Tragic cooking

Saturday

- First breakfast
- How to pack
- Mapped it out
- Left for journey
- When forgot a jacket
- Picked out feeling stones
- Church
- Up camp
- Brain teasers
- Played games
- Bed - Snowed
- Cold, windy
- Wet FREEZING

Friday

- Camera to go
- Ice breaker
- touch table
- community
- check in/out
- First night - chill
- Late night
- Questionar es on

TILLY ARRIVED

WEEK AWAY

KNOWLEDGE

- I can always have alone time.
- Success.
- Being cooperative.
- People positive.
- attitud
- A can-do attitude.
- A motivated attitude.

ATTITUDE

CHALLENGES

- MHAIRI
- ISLA
- Will
- Creating over my fear of new people + staying positive all the time so not bring others down
- Joining in + starting Sing songs.
- Staying confident + being positive

HIGHLIGHTS

- MHAIRI
- ISLA
- Will
- lifting the gun, ready to take the shot, my memories blooming as I pref
- In the water, lost in Science, Staring beneath the water, remembering the calm I felt, from the problems of the world, hearing the wind, the geese, feeling free, feeling fresh, The world, My mind a world away, lost in glorious peace.

W

Building Pro Social Behaviours





Fire exit 
Farming & Nature For A Sustainable Future



Graduation ceremonies

ELEMENTAL HEALTH

Reduces stress
Perceived
Objective eg cortisol
Restores mental fatigue

Enhances social cohesion
Reduces social isolation
Improves social
networking
Encourages
intergenerational links



Improves mental
health & wellbeing

Reduces health
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Provides a sense
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Facilitates activity
Improves physical health
Lowers BP
Increases HRV
Reduces obesity

Reduces property crime
violent crime
Levels of aggression

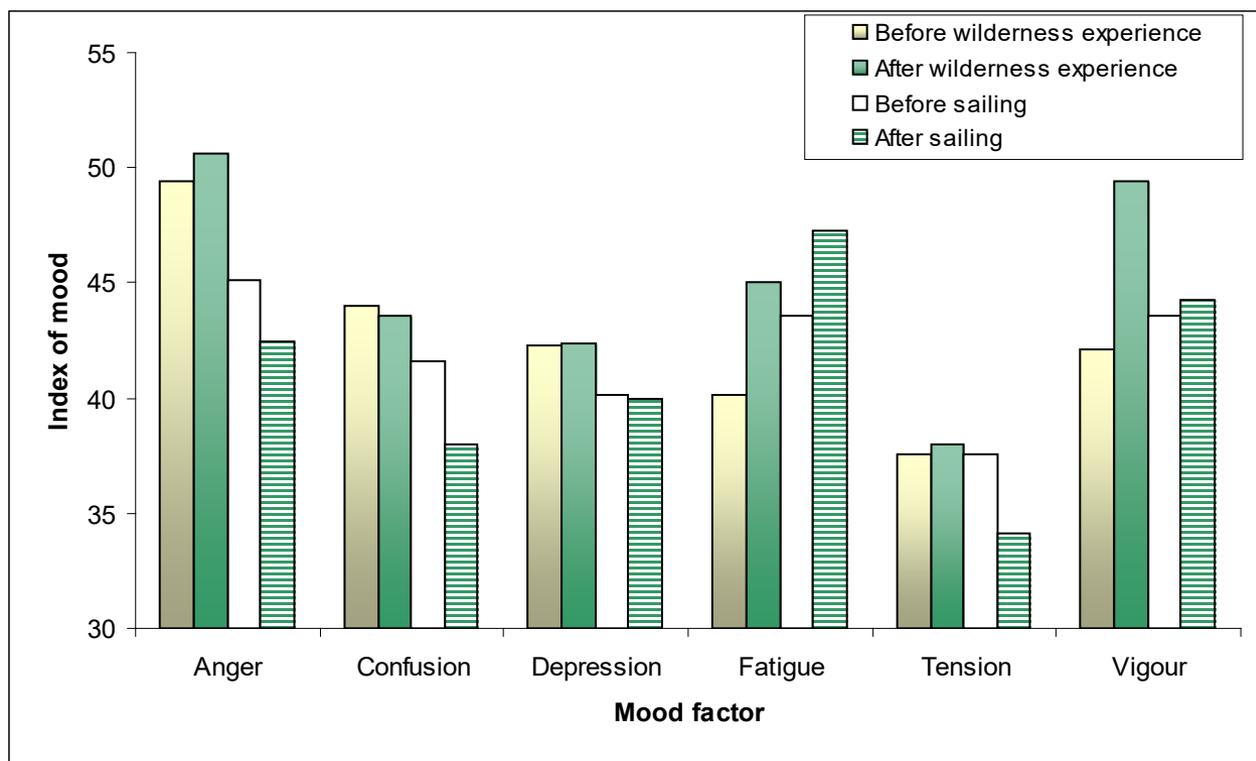
9 Restorative Benefits of Nature

Natural environments have the capacity to restore your attention, improve your performance on tasks, and improve your resistance to and recovery from stressful life events.

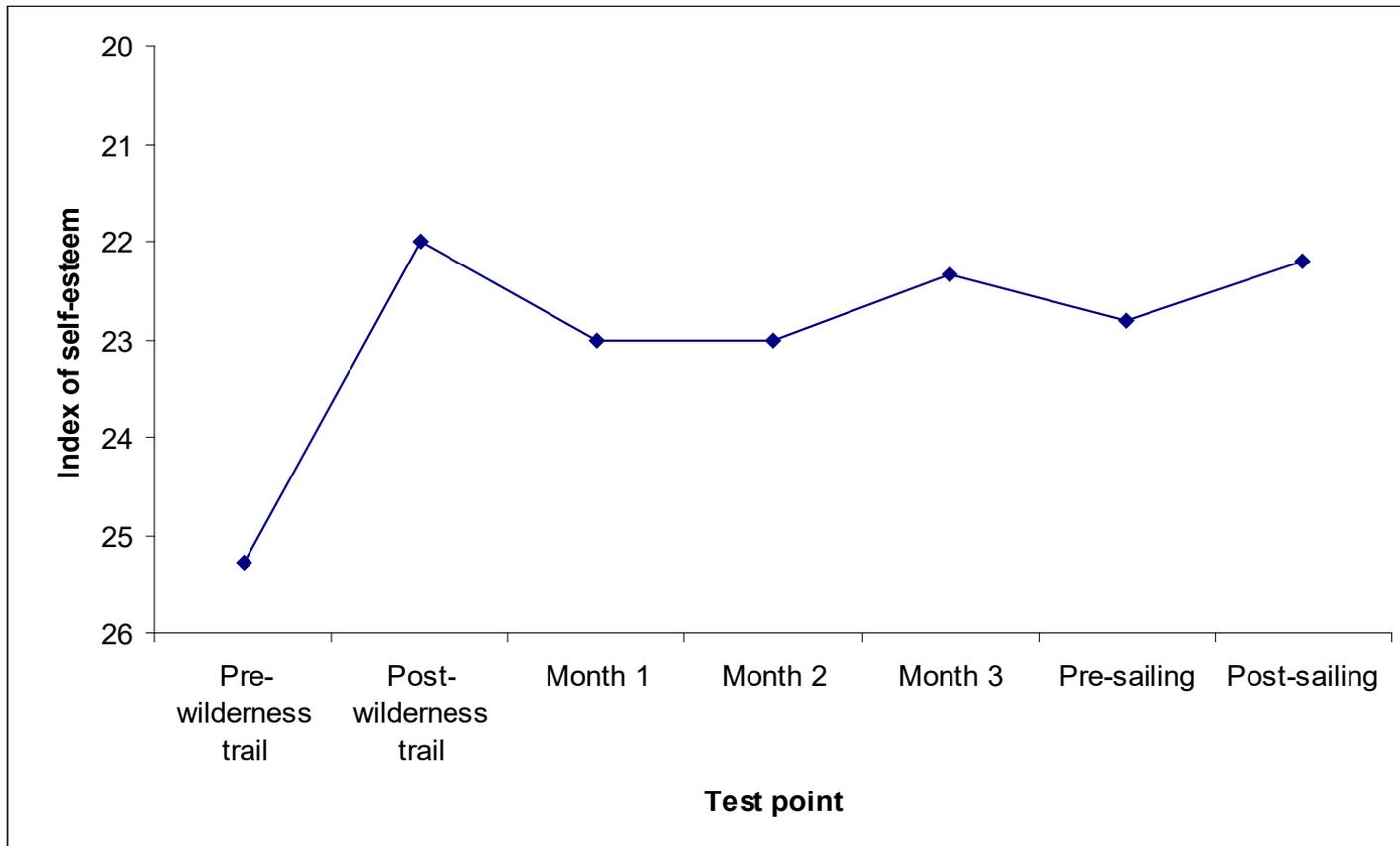
- A view of a natural setting outside your window can help you make a speedier recovery with less drugs required than a view of a built environment (Ulrich, 1984).
 - Simply experiencing nature sights and sounds (even artificially through paintings and recordings) allowed patients to get through a flexible bronchoscopy with less pain (Diette, Lechtzin, Haponik, Devrotes, & Rubin, 2003).
- Viewing videos of scenic beauty significantly reduces pain and [anxiety](#) in burn victims (Miller, Hickman, & Lemasters, 1992).
 - People in an aged care facility who were exposed to nature for one hour per week experienced improved attention compared to elderly people who remained indoors (Ottosson & Grahn, 2005).
- Young adult residents with a view of nature from their home outperformed those who lived in an inner city on tests of attentional capacity and were less likely to show aggression (Kuo & Sullivan, 2001).
- Employees who could view nature from their window reported fewer physical ailments and greater job satisfaction than those without a nature view, two factors which also influence life satisfaction (Kaplan, 1993).



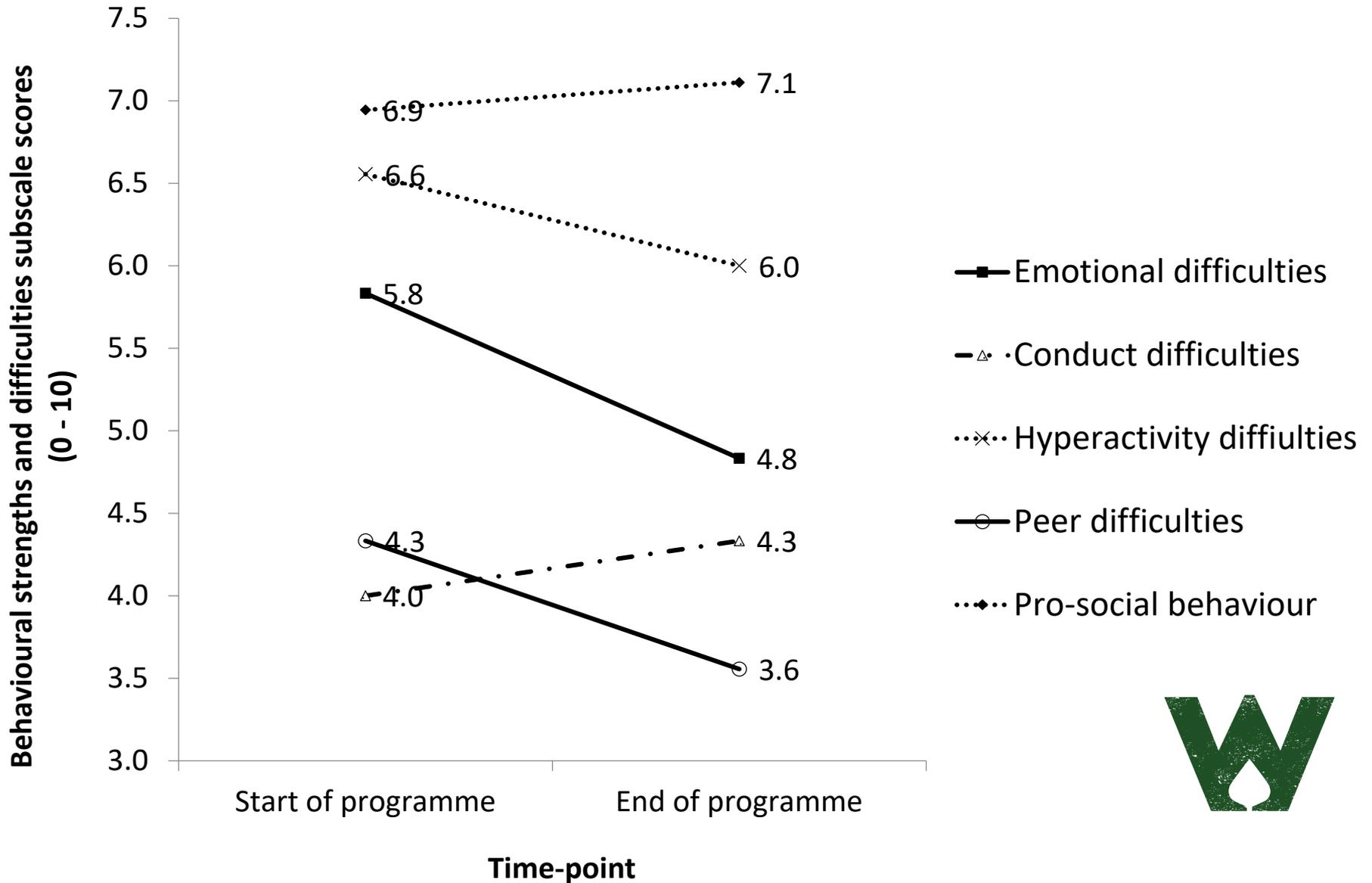
Comparison of the change in subscale mood factors between the two wilderness experiences



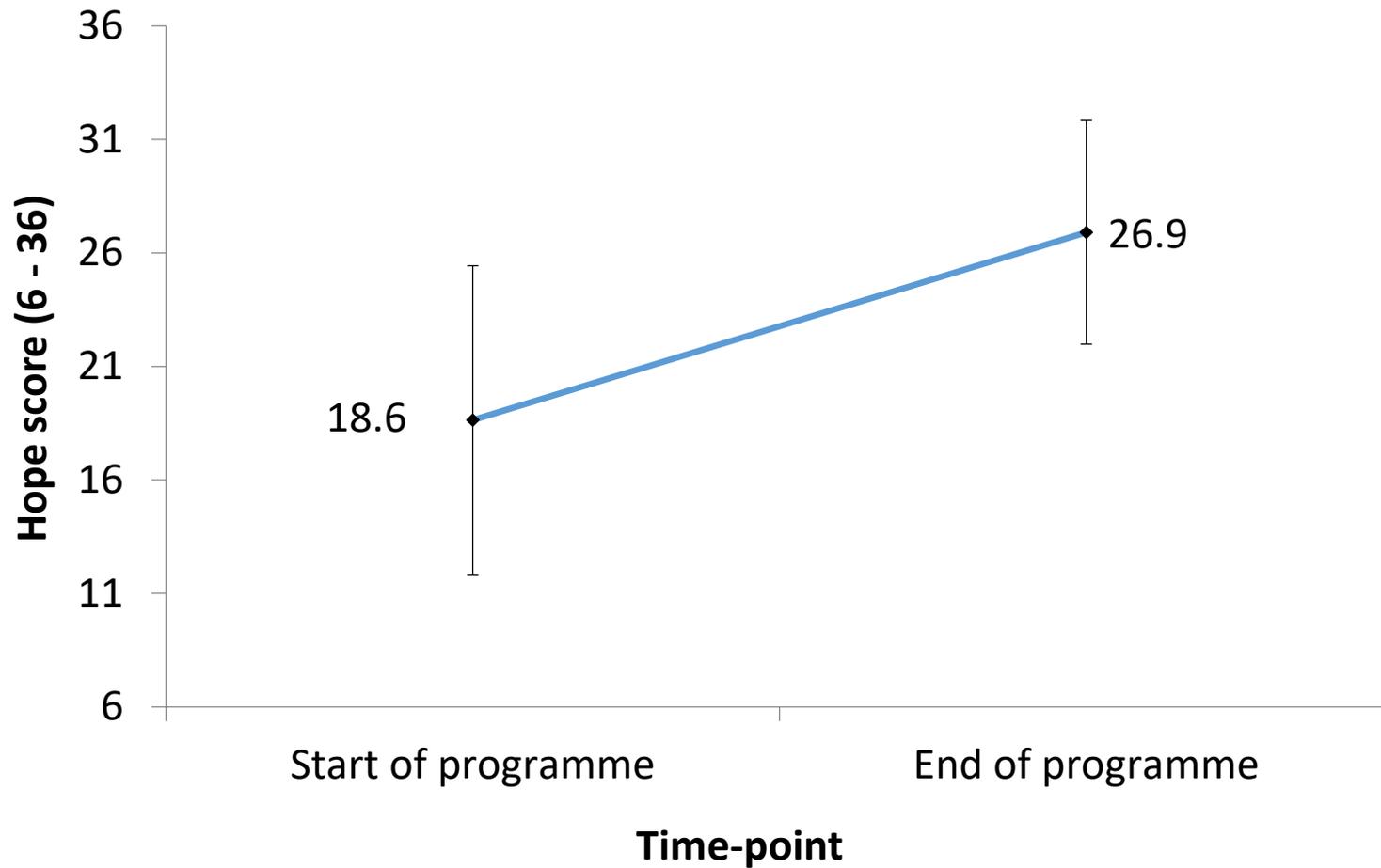
Change in self esteem over the duration of the project



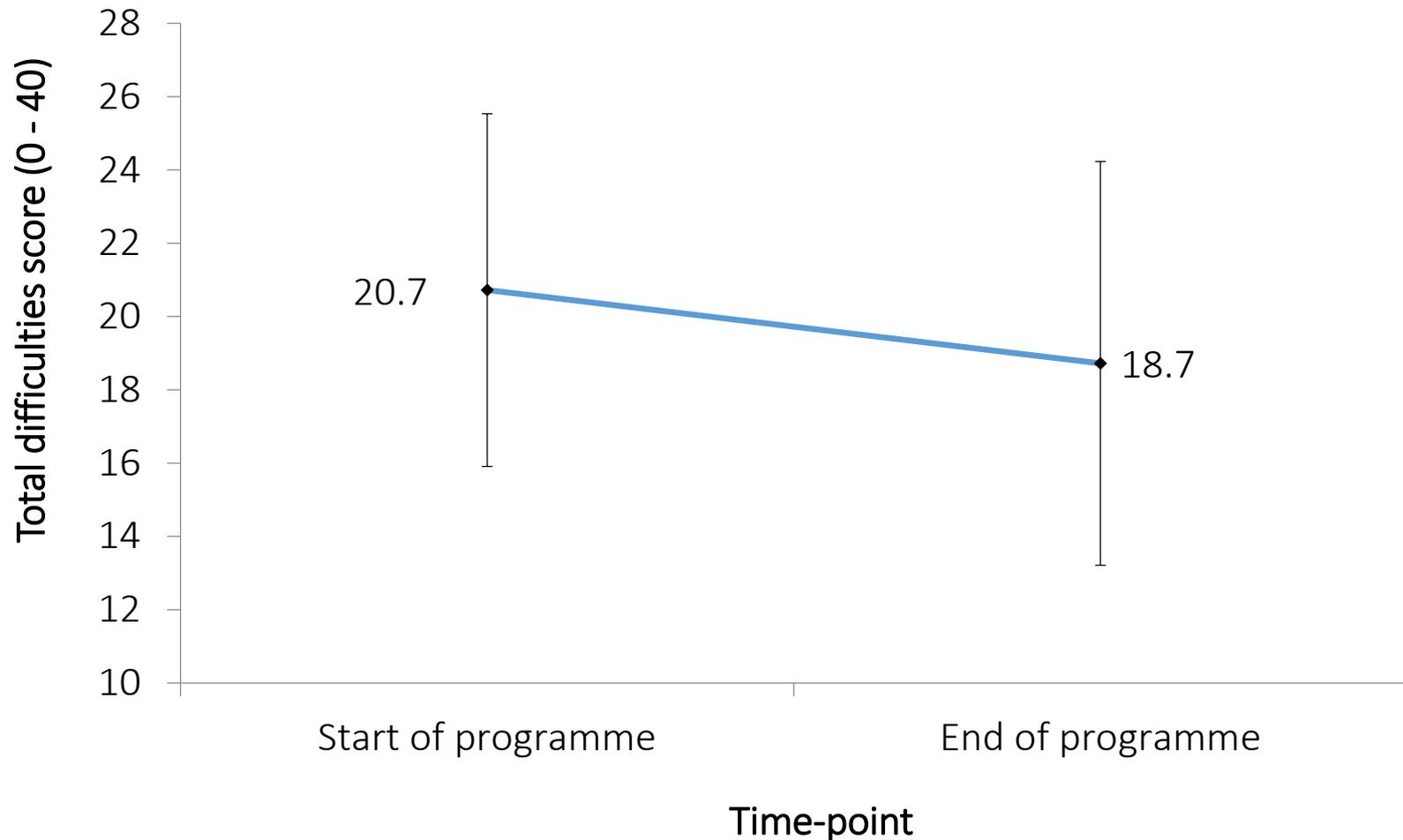
Behavioral strengths and difficulties (n= 18)



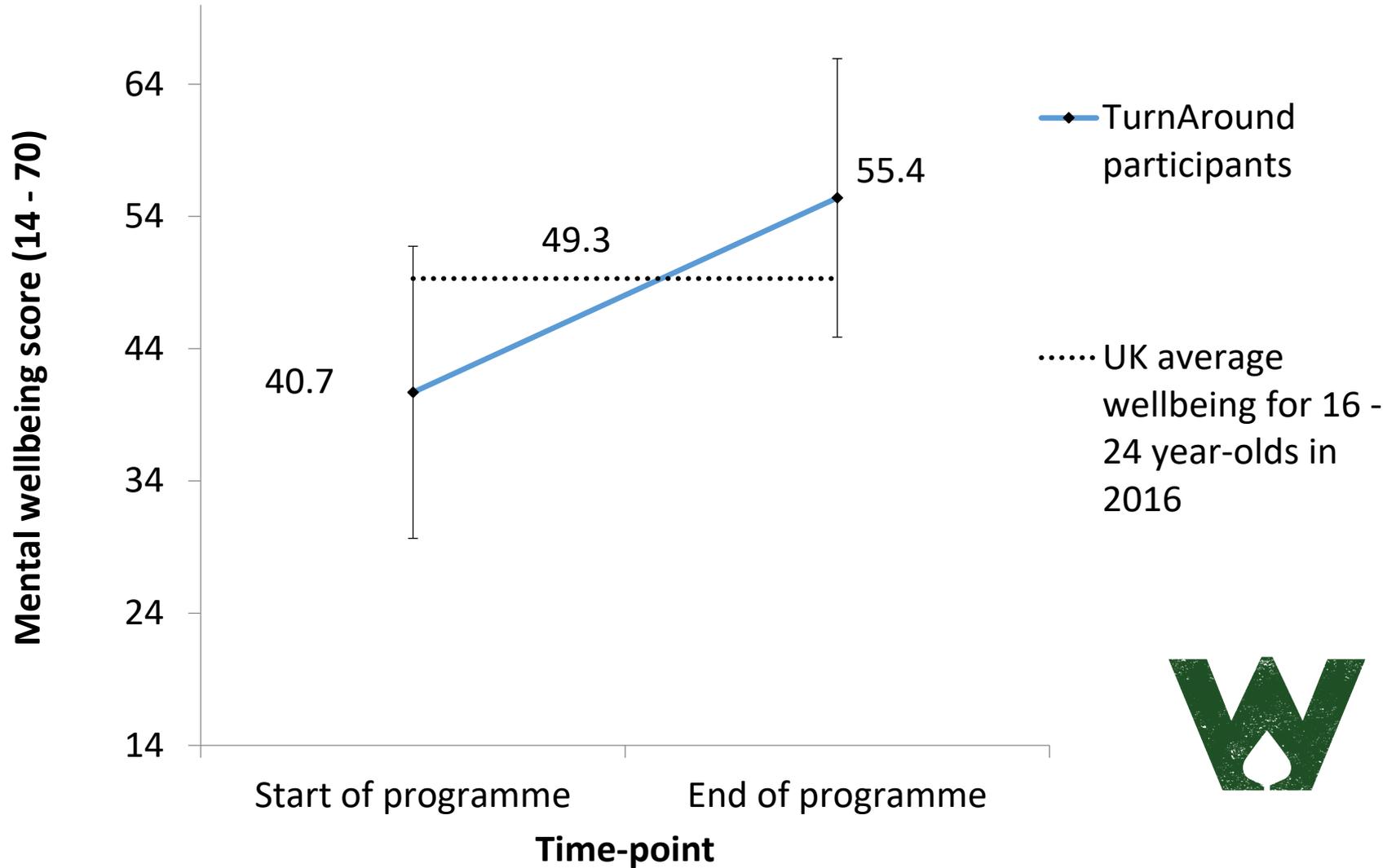
45% average improvement in hope (n= 11)



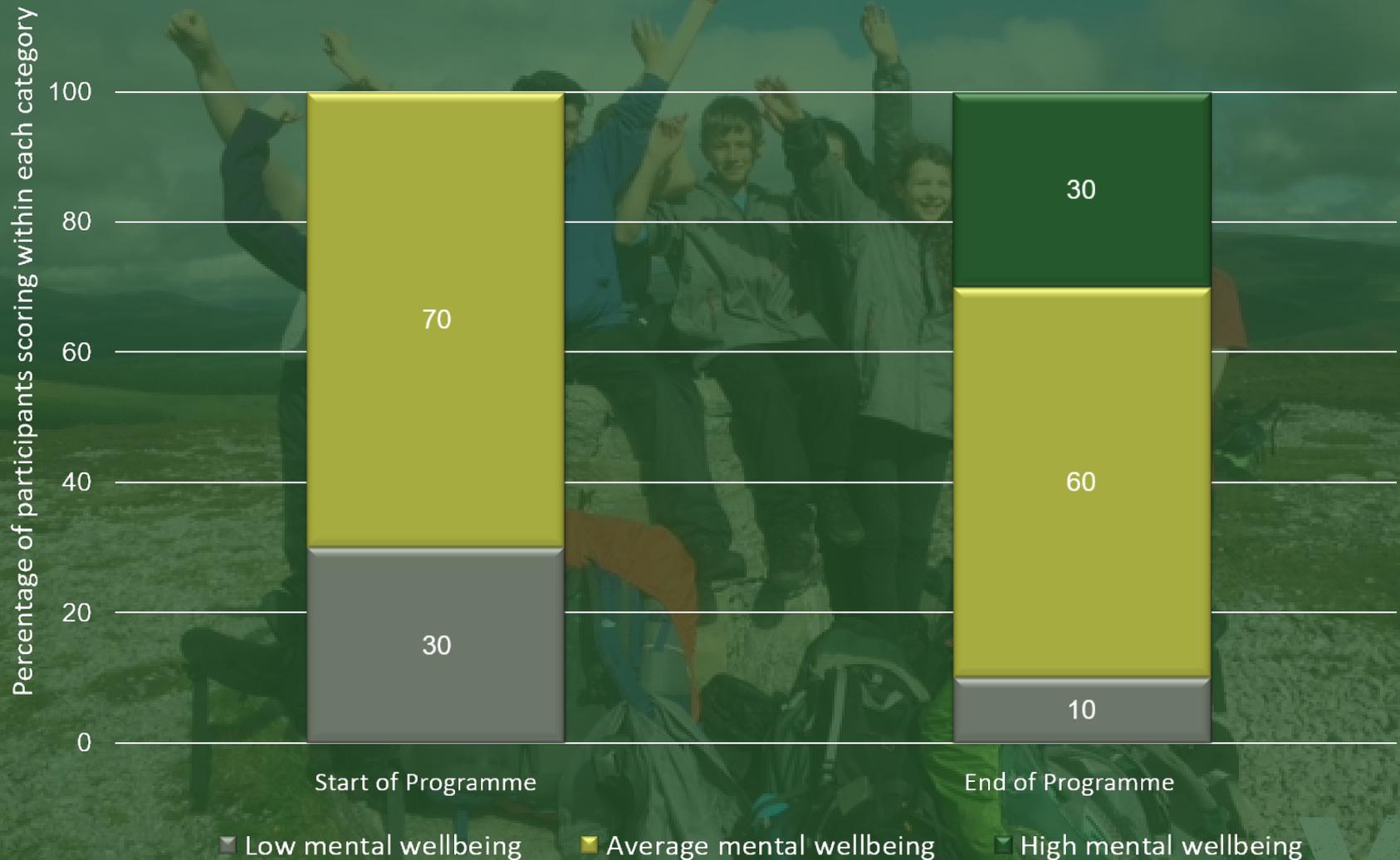
Overall behavioral strengths and difficulties scores improved from start to end of programme (n= 18)



Wellbeing (n= 10)



Pre and Post Trail participation mental wellbeing





A white dog is lying on its side on a green lawn. The dog is the central focus, and its fur is bright white. The background consists of lush green grass and the lower branches of trees with green leaves, slightly out of focus. The overall scene is bright and natural.

THANK YOU

www.wildernessfoundation.org.uk

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