Mental Health and Wellness Provider
PUBH3571: EcoliteracySCHOOL

Public Health Background
Using my role, I will investigate the topic of nature exposure’s impact on mental health. Mental health can be impacted by your mood. Mood can further affect the feelings one would feel. This is why it becomes important to keep a positive mood throughout the day, and nature is a great way to increase your mood. When it comes to finding a spot in nature, it can be a little difficult to find a quiet nature scene. However, the outdoor space can be small, large, a park, has trials, water, etc. The place you set up to immerse yourself in nature is pretty much endless.

Role Based Photo Collage

A Screenshot of a Student Drawing during Field experience 2 mindfulness activity

Project Plans
- Make and lead a Mindfulness Activity Guide
- Completed various assignments to gather research
- Participate in Field Experiences

Nature-Based Mindfulness and the Effects on Mental Health

Project Goal
The goal of my projects is to connect students with mental health and its benefits of nature exposure by creating an immersive student-centered mindfulness activity and facilitating a practice session for high school and college students.

Discussion
The takeaways of my project are nature-based mindfulness can be beneficial for one’s mental health and being a part of a community like this is beautiful. A part of mindfulness is being aware of your surroundings, so gaining some environmental knowledge is very beneficial for ourselves as well as the environment. This project has taught me the importance of having a community to support you while walking an unfamiliar path. Being in my leadership role, I encountered some internal struggles and my mentorship pod has really held me accountable.

References
(2) Nature Rx : improving college-student mental health by Donald A. Rakow and Gregory T. Eells
(3) The impacts of nature experience on human cognitive function and mental health by Gregory N. Bratman, J. Paul Hamilton, and Gretchen C. Daily