



Nature as a Resource for Healthy People, Communities, & Environments

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Nature is good for individuals

Happiness, better moods

Restored cognitive functioning, stress levels

Better health & healing, lower mortality

(see review by Capaldi, Passmore, Nisbet, Zelenski, & Dopko, 2015)

Nature is good for communities

Trees near housing & crime (Kuo & Sullivan, 2001)

Helping in parks (Guéguen & Guéguen, 2014)

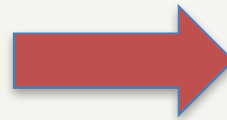
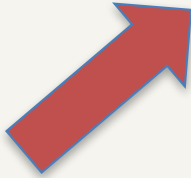
Cooperation...

Nature is good for nature (via people)

Cooperative behavior as sustainable behavior

Commons dilemmas, like fishing in the ocean

Sustainability depends on our decisions



Fishing Simulation

Rules:
Each fish earns you \$20.00.
Each minute at sea costs you \$15.00.

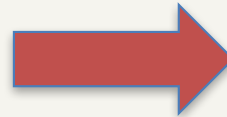
Go to sea
Return to port
Cast for one fish
Cast for any number: 10

Now in season 2. There are 83 - 118 fish in the sea.

You caught 8 fish.

	This Season		Overall	
Time at sea	0.0028	0.0033		
Fish caught	21	34		
Expenses	\$7.00	\$8.25		
Income	\$420.00	\$680.00		
Profits	\$413.00	\$671.75		

Fisher	Status	Fish Caught		Balance	
		This Season	Overall	This Season	Overall
You	Fishing	21	34	\$413.00	\$671.75
Sally	Fishing	14	29	\$272.25	\$566.00
Jesse	At Port	25	50	\$493.75	\$986.00



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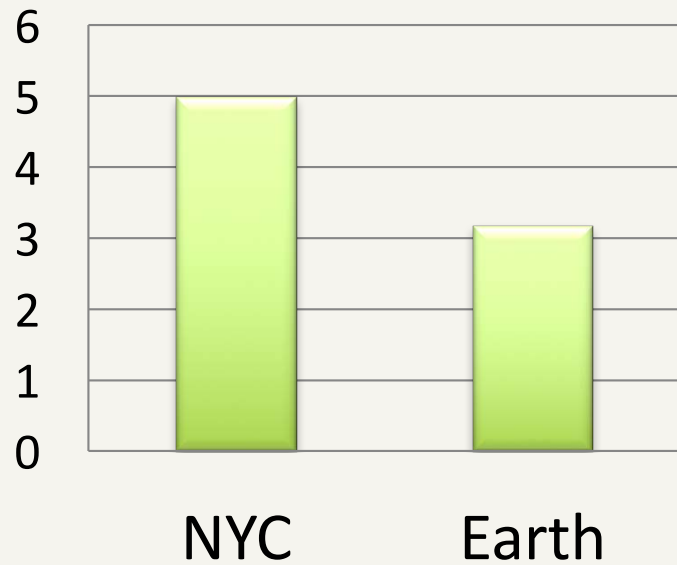
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FISH Simulations

Fish per Season



Seasons with Fish



(Zelenski, Dopko, & Capaldi, 2015)

Nature is good for nature (via kids)

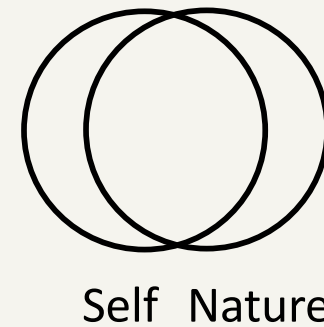
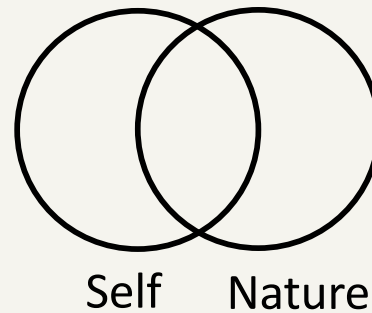
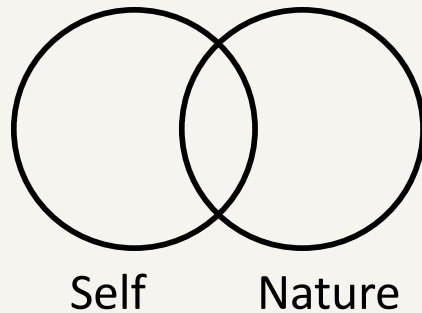
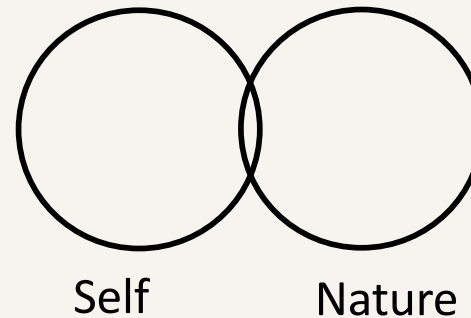
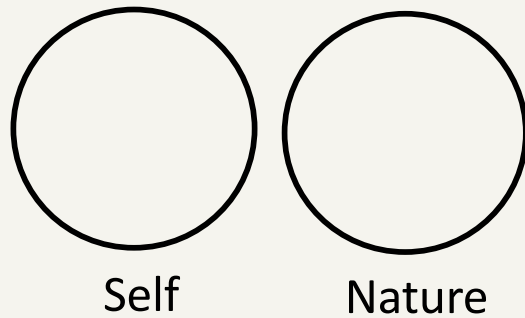


Nature is good for nature (via kids)

- At forest school (vs. aviation museum), more:
 - Affinity for nature
 - Interest in protecting nature
 - Allocations to charity & gifts
 - Kind choices for others

(Dopko, Capaldi, & Zelenski, 2017)

Nature relatedness is good for nature



Nature relatedness is good for nature

- Consistent links with environmental sustainability (and psychological well-being)
- Likely fostered by contact with nature
 - Momentarily, and then cumulatively
 - Early experiences

Nature as a resource

Nature is good for individuals

Nature is good for communities

Nature is good for planet Earth

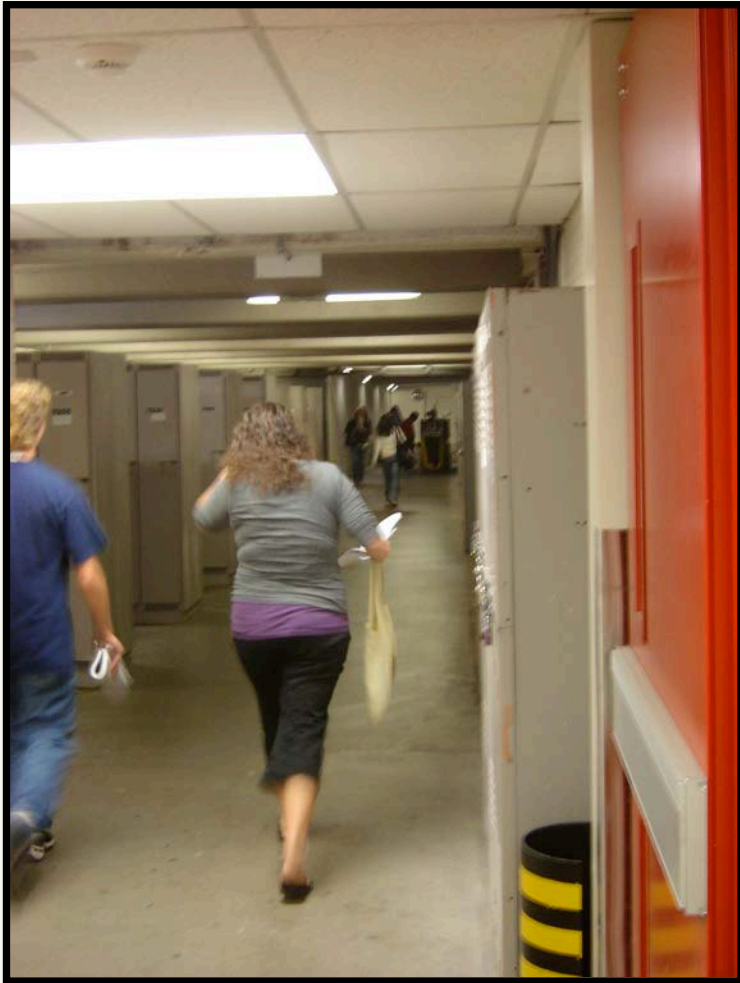
-A happy path to sustainability?

Some Challenges

Urbanization

Cultural changes (E.g., Kesebir & Kesebir, 2017)

Do people know how nice nature really is?

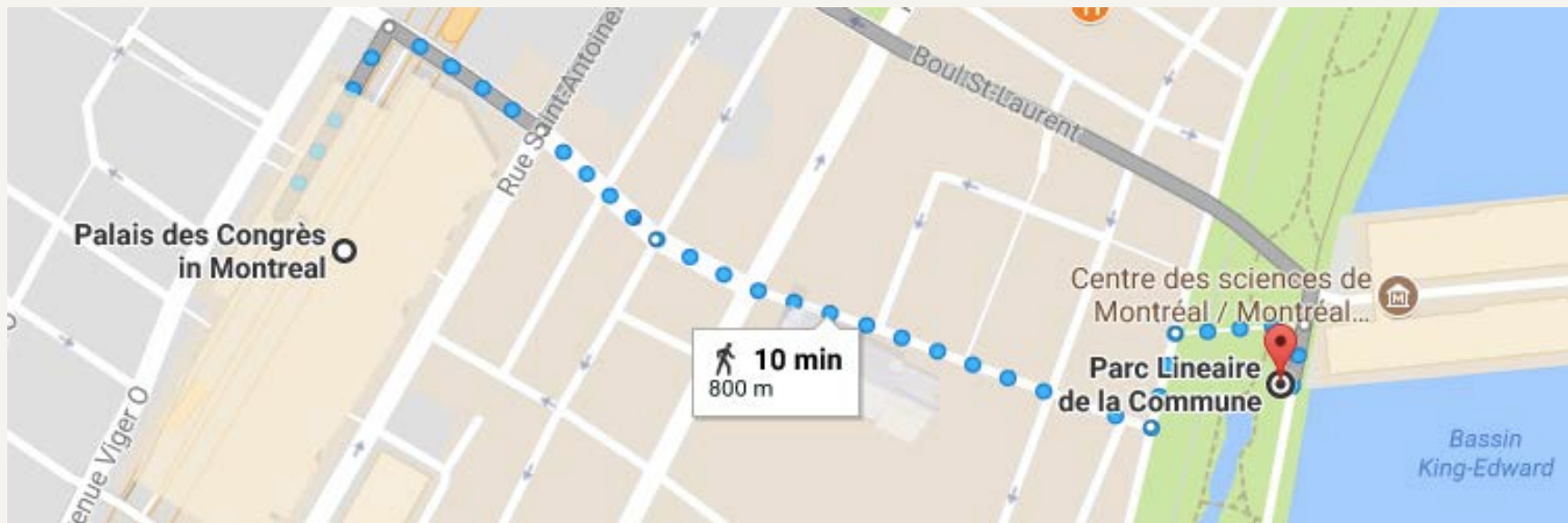


Positive Emotions



(Nisbet & Zelenski, 2011)

Spend some time in nature



Happy people, healthy planet

Thank You!

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