

# Sport, exercise and performance psychology: challenges and opportunities in a changing world

## Workshop

Topics: Well-being and quality of life

### Creating Your Own Nature Story: How Time in Nature Can Promote Well-Being, Self-Care and Sustainability

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There is substantial evidence that spending time in nature has a positive impact upon our mental health and wellbeing. COVID19 lockdown scenarios have taught us that engaging with nature has significant benefits for all whom can access it. Lack of nature contact was associated with increased stress and diminished well-being (e.g. during quarantines). In this workshop, we want to explore how our relationship with nature intersects with our professional approach and provides an exemplar for others, including athletes, to follow. Using our personal narratives as a lens to explore our nature experience, we will use this workshop to provide a window into nature-interactions for other practitioners. An outdoor nature experience will form an integral part of the workshop where participants will also become experimenters. Evaluation of cognition, mood, and nature connectedness using online tools (e.g. mobile devices) will be conducted for educational purposes. Three key learning outcomes will be achieved: 1) An increased understanding of learning by analogy (e.g. resilience, homeostasis, metamorphosis), 2) Enhanced appreciation of nature and how it gives us meaning 3) Greater knowledge of scientific evidence on the benefits of nature for health and well-being. This workshop specifically targets practitioners who subsequently can embed these practices in their future consulting. Together we will discuss the research methodologies, provide practical exercise and promote reflection on the application of nature-interactions. This research is of particular importance to the evolution of practitioner self-care, athlete recovery and the promotion of long-term well-being, where both human and environmental health are connected.