

# Nature Rx

**Status:**

Open

**Meeting Day and Time:**

Tuesday 3:30 - 4:30 pm

**Location:**

via Zoom

**Facilitated By:**

Leslie Montana, MD, MPH



A growing body of evidence shows that direct exposure to nature is good for our psychological, emotional and physical health and helps reduce anxiety, depression, stress, lack of connection or purpose, and a host of other concerns. Most of us spend 80-90% or more of our lives indoors, including many hours on our screens and this number is undoubtedly higher since the onset of COVID-19. As a result of our reliance on digital connectivity, many people feel more disconnected from themselves, other people, and the world around them than ever before. This group will provide an opportunity to deepen our human-nature experience, to reconnect to nature, to ourselves, and to others. Through connection with the earth, we can begin to feel more grounded and more present in our lives.

For 4 consecutive weeks, we will meet via Zoom to discuss nature-based themes (our land-based ancestral connections, gardening therapy, forest bathing, and eco-

anxiety/grief in the context of climate change). Outdoor activities will take place throughout the week. Through journal-based discussion, we will share our experiences and learn from each other. This group is appropriate for anyone who would like to deepen their human-nature connection.

Themes:

- Land-based ancestral connections
- Horticultural/gardening therapy
- Nature-based mindfulness
- Forest bathing
- Eco-anxiety/grief

*'Our loss of connection has led to misdirection' - Prince Ea*

*'The Earth is not just the environment. The Earth is us. Everything depends on whether we have this insight or not' - Thich Nhat Hanh*

If you are interested in joining this group, please email Faye [faye.hobgood@unc.edu](mailto:faye.hobgood@unc.edu) <sup>[1]</sup> and/or Leslie [lam@unc.edu](mailto:lam@unc.edu) <sup>[2]</sup>

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**Source URL:** <https://caps.unc.edu/services/group-therapy/current-groups/nature-connections>

**Links**

[1] <mailto:faye.hobgood@unc.edu>

[2] <mailto:lam@unc.edu>