

**Cabin Fever Gardening Symposium  
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**Garden/Gardener Connection: Balances Strength and Resilience**

Cathi Lamoreux, MA, CCCSLP (retired), WSU Extension Master Gardener, Therapeutic Horticulture Specialist

**HANDOUT**

**Definitions:**

**Biophilia:** the biophilia hypothesis proposes that humans have an innate tendency to affiliate toward life and life-like processes as a consequence of evolution, where survival and reproduction were dependent on interactions with the natural environment.

**Rewilding:** the conservation of cores, corridors, and carnivores to restore sustainable biodiversity and ecosystem health. It aims to mitigate the species extinction crisis and restore healthy and self-regulating ecosystems with near pre-human levels of species diversity.

**Researchers referenced in this presentation:**

Gregory Bratman

<https://sefs.uw.edu/research/faculty-profile/gregory-bratman/>

David Strayer

<https://psych.utah.edu/news/brain-on-nature.php>

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Jason K Hawes

<https://seas.umich.edu/research/phd-profiles/jason-jake-hawes>

Matthew White

<https://cognitivescience.univie.ac.at/about/pis-scientific-project-staff/mat-white/>

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Hunter, M.R., Gillespie B.W., and Chen SY-P, (2019). Urban Nature Experiences Reduce Stress in the Context of Daily Life Based on Salivary Biomarkers. *Front. Psychol.* 10:722. Doi: 10.3389/fpsyg.2019.00722.

Jiang, X.; Larsen, L.; Sullivan, W. Connections Between Daily Greenness Exposure and Health Outcomes. *Int. J. Environ. Res. Public Health* **2020**, *17*, 3965.

Sharma, M.; Largo-Wight, E.; Kanekar, A.; Kusumoto, H.; Hooper, S.; Nahar, V.K. Using the Multi-Theory Model (MTM) of Health Behavior Change to Explain Intentional Outdoor Nature Contact Behavior among College Students. *Int. J. Environ. Res. Public Health* **2020**, *17*, 6104.

*Yale Environment 360* is an online magazine offering opinion, analysis, reporting, and debate on global environmental issues. Multiple studies discussed in article titled, "Ecopsychology: How Immersion in Nature Benefits Your Health". *A growing body of research points to the beneficial effects that exposure to the natural world has on health, reducing stress and promoting healing. Now, policymakers, employers, and healthcare providers are increasingly considering the human need for nature in how they plan and operate.* Written by Jim Robbins, January 9, 2020.

The Trust for Public Lands, [www.tpl.org](http://www.tpl.org)

Diane Regas, President & CEO

#### **Additional References:**

*Green Cities: Good Health*, University of Washington: [www.greenhealth.washington.edu](http://www.greenhealth.washington.edu)

*Outside Our Doors: The Benefits of Cities Where People and Nature Thrive.* The Nature Conservancy: <http://www.washingtonnature.org/cities/outsideourdoors/www.nature-within.info>

Park RX America

<https://parkrxamerica.org/about.php>

**Additional Websites:**

[accessstonature.org](https://www.accessstonature.org)

[www.ahta.org](https://www.ahta.org)

[asla./org/healthbenefitsofnature](https://www.asla.org/healthbenefitsofnature)

[birdnote.org](https://www.birdnote.org)

[childrenandnature.org](https://www.childrenandnature.org)

[discovertheforest.org](https://www.discovertheforest.org)

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[healthdesign.org](https://www.healthdesign.org)

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[natureandforesttherapy.org](https://www.natureandforesttherapy.org)

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