



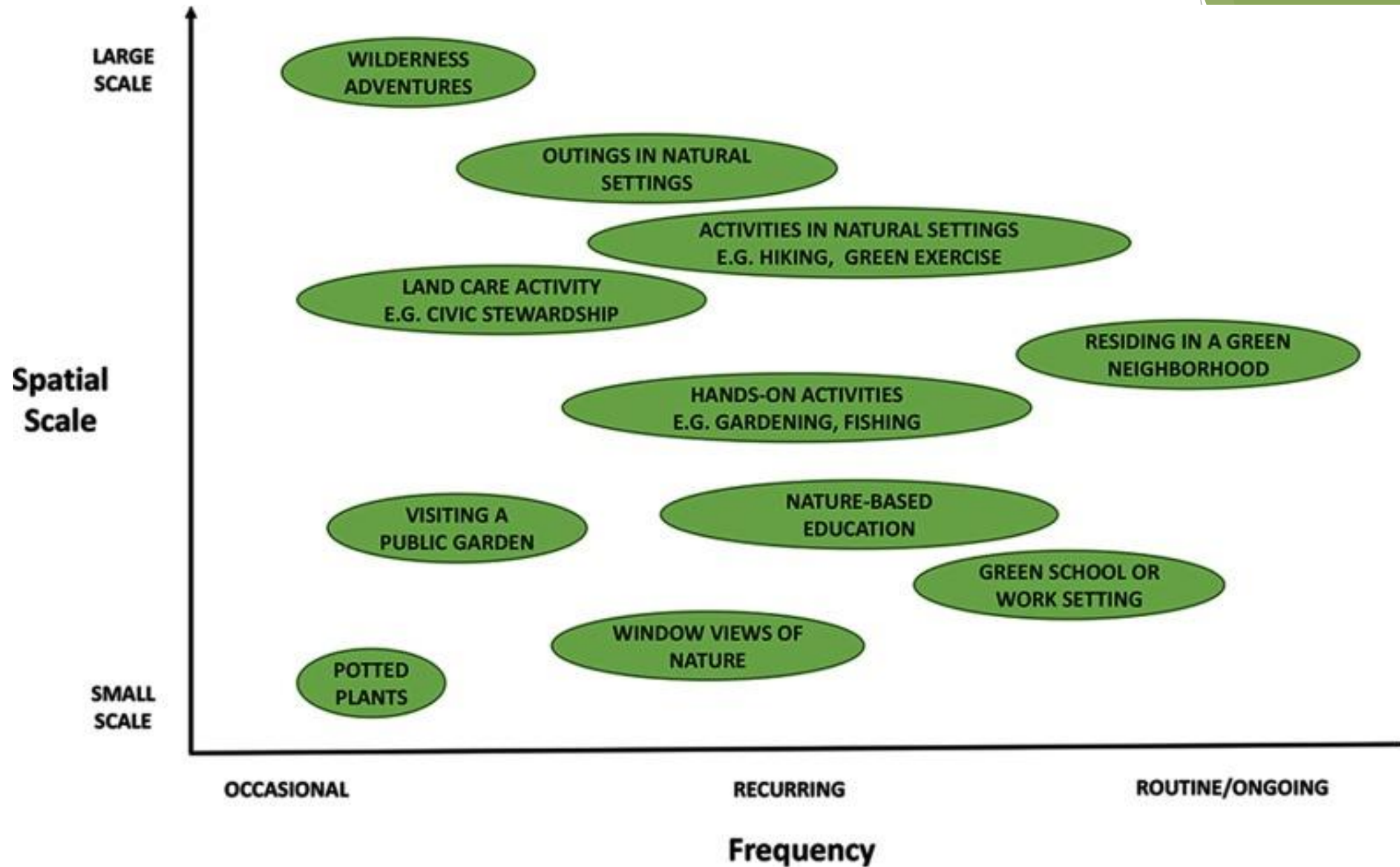
Virtual Nature for the Soul

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Assistant Professor, Dept of Neurology
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May 1, 2020



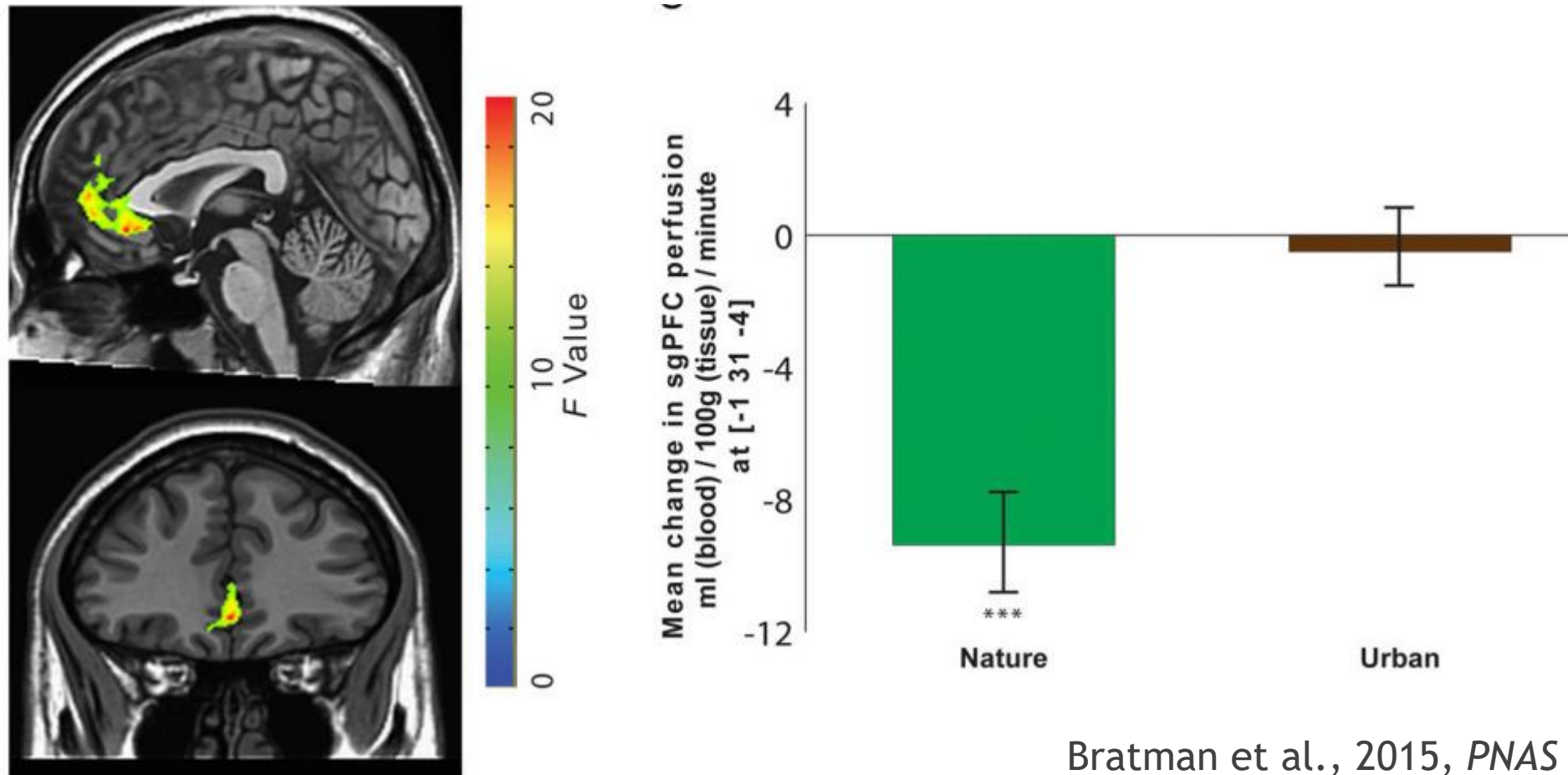




Nature experience reduces rumination and subgenual prefrontal cortex activation

Gregory N. Bratman^{a,1}, J. Paul Hamilton^b, Kevin S. Hahn^c, Gretchen C. Daily^{d,e,1}, and James J. Gross^c

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Bratman et al., 2015, *PNAS*

Outdoor Recreation Programs

- ▶ Living *well* with memory loss
- ▶ Garden Walks
 - ▶ Reductions in agitation in advanced dementia (Whear et al., 2014)
 - ▶ Increased positive affect and life satisfaction (Capaldi et al., 2014)
- ▶ UW MBWC “[Garden Discovery Walks](#)”
 - ▶ Videos now available!
- ▶ Seattle Parks and Rec: Dementia-Friendly Recreation Programs



SOAR: Shared Outdoor Adventures for Resilience

- ▶ Outdoor activities for people with memory loss and their loved ones
- ▶ Two “challenge course” events in 2019
- ▶ This year...
 - ▶ Guided hikes
 - ▶ Group cycling
 - ▶ Boating
- ▶ More information on the MBWC Community Programs website



Bringing the Outdoors Inside

- ▶ Live streaming from zoos and aquariums



Bringing the Outdoors Inside

- ▶ Virtual tours of National Parks



Bringing the Outdoors Inside

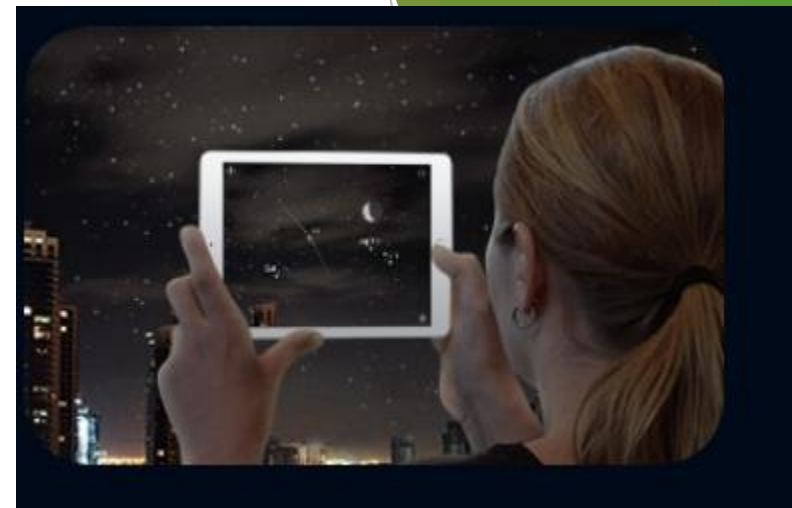
- ▶ Nature books
 - ▶ Memoirs, non-fiction
- ▶ Nature puzzles
- ▶ Nature Podcasts
 - ▶ BBC Earth
 - ▶ The Field Guides
- ▶ Nature-inspired music
 - ▶ Example playlist



Bringing the Outdoors Inside

► Nature Apps

- Merlin Bird ID from Cornell Lab of Ornithology
- StarWalk
- iNaturalist - citizen science



iNaturalist is a joint initiative of the California Academy of Sciences and the National Geographic Society.

How It Works



1

Record your observations



2

Share with fellow naturalists



3

Discuss your findings

Gardening

- ▶ Small indoor gardens for herbs
- ▶ Backyard gardens or P-patches
- ▶ Spring cleaning in the yard
- ▶ Go for a walk in a garden
 - ▶ [Community gardens of Seattle](#)
 - ▶ [Virtual garden walks](#)





Art from Natural Materials

- ▶ [More ideas for inspiration](#)



VR “Field Trips”

- Is there a benefit of ‘real’ nature over VR?
- Socialization and stress reduction?
- Caregiver respite?

What are you doing to stay engaged with nature?

