The Connective Nature Wellness Solutions
We can all become healthier and happier when nature is part of our everyday living

Nature Heals, Soothes and Restores

In a world where our brains and bodies are working overtime spending time in nature is proving to heal, restore and comfort us.

The regenerative benefits of nature now scientifically supported with a body of evidence too compelling to ignore, nature helps to:

- Reduce stress, depression and anxiety;
- Improve sleep, happiness, wellbeing and life satisfaction;
- Improve blood pressure, pain control, immune function and diabetes;
- Improve learning, creativity, sustained attention and child development (cognitive and motor); and
- Increase pro-social and pro-conservation behaviours, and social connectedness.

The nature in our cities, rural areas and neighbourhoods is vastly underutilised in its ability to promote physical and mental wellbeing. It is also underutilised in its ability to create good social and environmental behaviours. Being outside is good, but connecting with or noticing nature is even better.

Our work at The Connective enables individuals and their communities to realise the health and wellbeing potential of nature. We have developed a range of evidence-led human-nature wellness solutions that can be retrofitted to existing natural and built environments or optimised through design across the places we all live.

Most of us spend over 90% of our time indoors... yet intuitively we know that time in nature can help to heal, restore and comfort us.

How does it work? We design nature connection interactions that activate our conscious and subconscious relationships with nature. We call these ‘connection gateways’. Turning on the gateways causes physiological changes in the body that lead to a range of wellbeing benefits.

Our CONNECT database correlates nature interactions with wellness pathways using the latest scientific evidence. Where we can target and tailor nature connection interactions for different wellbeing outcomes across social, mental, or physical health.

Our work creates opportunities to mainstream the benefits of nature as part of our everyday living. How it can be linked to technology, built into design and accessible to all regardless of ability, age, gender or socioeconomic status. Nature being a source of untapped wellbeing benefits for the health of individuals and communities.
Who We Are

We are a multidisciplinary team of nature-connection trainers, greenspace and urban design specialists, social scientists, natural resource managers and researchers committed to providing individuals and communities with opportunities to access:

- The latest nature-wellbeing research;
- Nature-connection training programs;
- Biophilic & hortophilic designed initiatives; and
- Human-nature wellness solutions.

We work with and between the community, government and non-government bodies, business and academia to develop integrated solutions.

Nature-Wellness Trails and Masterplan Design

Our Nature-Wellness Trails are physical (or digital) installations consisting of a series of nature-wellness stops that guide people through short nature-connection exercises to create physiological changes shown to improve wellbeing.

Our trails and individual wellness stops are scalable and transferable across a range of environments to help inform masterplan design. These can be applied within local government public spaces, botanic gardens, public board walks, national parks through to school or university campus, hospitals and corporate headquarters or workplaces.

Research

As a whole-of-community public health service we recognise the need to refine our products and services through ongoing testing, monitoring and evaluation. Our team continues to research essential questions and gaps within the scientific literature working with research institutes. Researching the latest science to design the best possible solutions.

Training Materials

Our Nature-Wellness Toolkits are design to help individuals, health professionals, planners, policy makers and practitioners better understand the range of benefits that nature can provide. The toolkits provide practical tools and activities for implementing strategies, suggested monitoring and evaluation strategies, the most up-to-date scientific evidence and further reading recommendations.

Workshops and Training Programs

We offer community and staff training workshops introducing the wellbeing benefits of nature through to intensive train the trainer programs. Workshop programs that can be tailored for individuals, community groups, health professionals, educators, planners, policy makers and facilitators.

For more information of our products and services visit our website www.theconnective.co

What is a Nature Wellness Trail?

Physical or digital installations that guide people through a series of nature connection interactions for particular wellbeing outcomes. The trail can be a single micro-stop or a series of linked features.

Our CONNECT database correlates nature interactions with the type of nature available for particular wellbeing outcomes.

Evidence Based Outcomes include; improved mental & physical wellbeing, community cohesion, pro-social and environmental stewardship behaviours.

Installations can be retrofitted to existing natural and built environments or our team can design ‘enriched nature’ environments that amplify connection.

Through our research partnerships we offer ongoing monitoring and evaluation methods.

We provide clients with Nature-Wellness Trail Kits that are ready to install, tailored to the location through site assessment.

Why invest in Nature Wellness Solutions?

Nearly half of Australians are impacted by non-communicable lifestyle related diseases eg/ obesity, diabetes, loneliness, mental illness. (2)

Mental health concerns cost Australia up to $180 billion a year, or $500 million everyday. People with a mental illness are more likely to have a physical illness. (3)

Two thirds of adult Australians are overweight or obese. (4) More than one in three young adults (aged 18-25) feel lonely. (5)

The World Health Organisation estimated that by 2030 annual deaths due to high temperatures will be eight times more than the current figures. (6)

Our focus is on preventative nature-based health and wellbeing solutions. Practical, scalable, and proven solutions that can be incorporated into part of our everyday living.

Masterplan Design

Our CONNECT database can be used to inform Masterplan Design across built and natural environments infrastructure.

Our nature-based solutions can be applied within large, small or networked spaces eg/ parklands, streetscapes, corridors, backyards, community gardens & workplaces.

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