# Living Lab | Mars Creek Nature-Wellness Trail

**94%** of users reported positive mood changes after Nature Nudge activities! **Living Lab Pilot 1**

**29%** shift in nature-connectedness within **3 days**

Evidence-led exercises with proven changes in wellbeing

## It's more than a learning & teaching campus

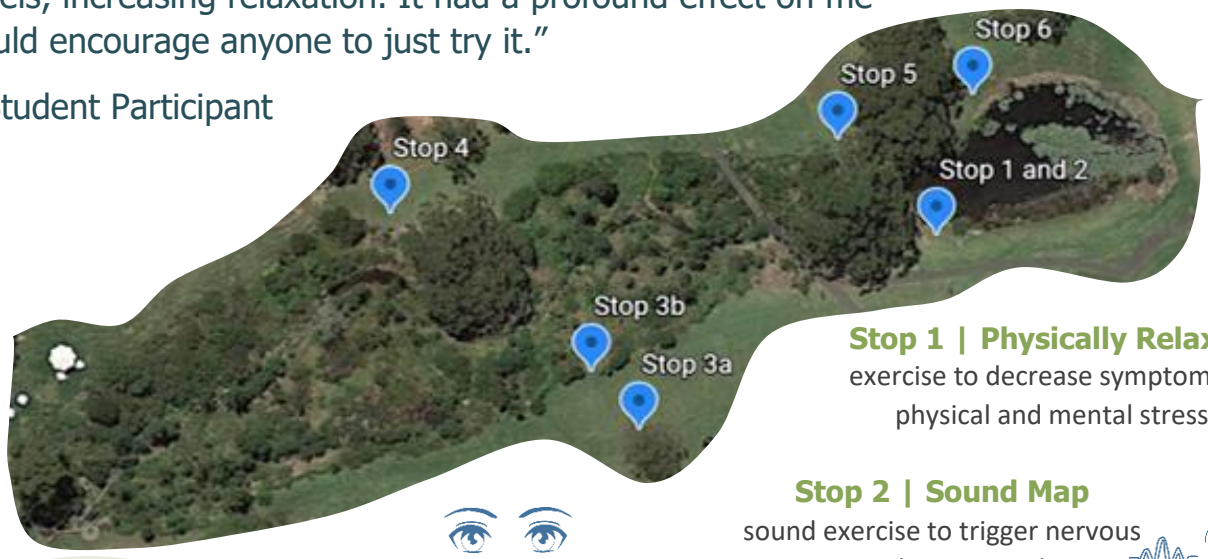
It's a place that helps to actively supercharge student and staff wellbeing!

**Macquarie University Stress Regulator Trail**

Designed to help target mental restoration and repair as well as all round nature connection. This trail takes students and staff through a series of '**Nature Nudge**' connection exercises to activate the senses, facilitate mindful attention and engage in areas of nature that have a high level of sensory diversity. By undertaking the trail regularly, participants can expect to see increases in positive mood, attention restoration, greater resilience to anxiety and a deeper sense of care and enjoyment for place.

"I personally came away with an increased appreciation of the incredible power that nature can have on my wellbeing - lowering my stress levels, increasing relaxation. It had a profound effect on me and I would encourage anyone to just try it."

Medical Student Participant




**Stop 1 | Physically Relaxed**
exercise to decrease symptoms of physical and mental stress

**Stop 2 | Sound Map**
sound exercise to trigger nervous system relaxation pathway

**Stop 3 | Wide Angle Vision**
vision exercise to activate calming alpha brain waves and cause mindful attention

**Stop 4 | Smell & Touch**
smell and touch exercise to facilitate calmness and place appreciation

**Stop 5 | Mirror Nature**
turning on mirror neurons creates empathy and compassion

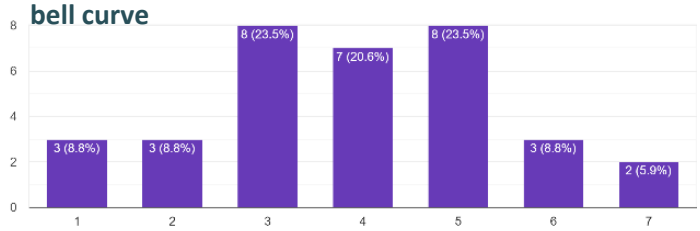
**Stop 6 | Notice Nature**
noticing beautiful things & expressing gratitude makes you more resilient, healthier and happier

"Acknowledging the 5 beautiful things in front of around me enabled to be grateful of my relationship with nature. It made me relaxed and happy."
Student Participant

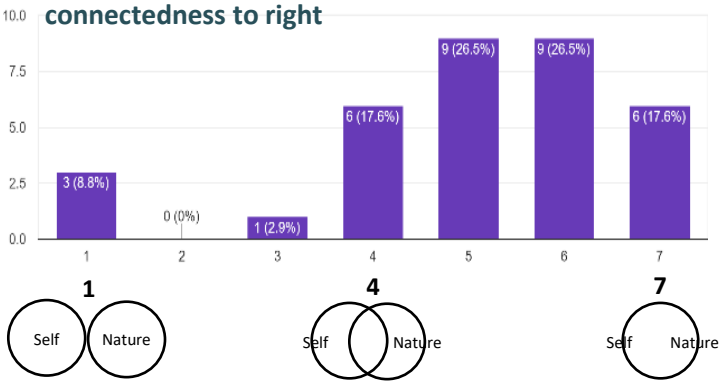
# Living Lab results

**29%** increase in nature connectedness within **3 days** of using trail

**Before trail: standard bell curve**




**After trail: 29% shift in nature connectedness to right**




Self -evaluation using validated nature-connectedness scale (1 -7) measured before and after trail use

Unlocking the benefits of green space

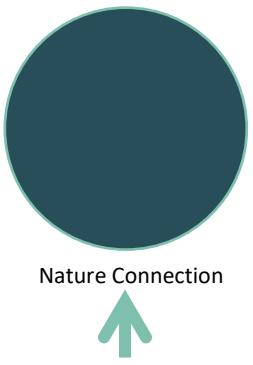
Supporting self-guided exercises

Enhancing learning and teaching

## Why does this matter..?!

### Tuning nature in helps to tune anxiety and depression out!

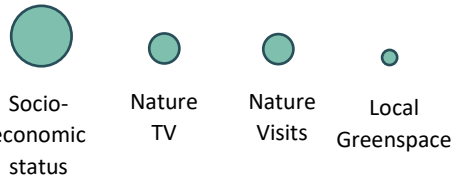
UK study finds[1] that nature connectedness and engaging with nature through simple activities (as opposed to simply being in nature) emerged as a **key aspect to a good life** and a significant predictor of reduced anxiety or depression. **But the reality is 80%** of people reported that they 'rarely' or 'never' watched wildlife, smelled wild flowers or drew/photographed nature. 62% rarely or never listened to bird song or took a moment to notice butterflies or bees. 'Nudging' people to notice and appreciate nature is a fast track to better wellbeing.




**The Mars Creek trail focuses on nature connection**

## Unlocking nature's benefits through connection

**% change in eudemonic wellbeing**




Nature connection provides four times the increase in Eudemonic Wellbeing (the feeling that your life is worthwhile) than the benefit from improved socio-economic status. Our Nature Nudges are evidence-led activities that trigger increases in nature connection.

To learn more about the Living Lab or to transform your green space to a wellness place visit our website or contact us directly waminda@theconnective.co | 0418 467 068
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**www.theconnective.co**

[1] Martin L, White M, Hunt A, Richardson M, Pahl S and Burt J. (2020) Nature Contact, Nature Connectedness and Associations with Health, Wellbeing and pro-Environmental Behaviours'. Journal of Environmental Psychology 68 (April): https://doi.org/10.1016/j.jenvp.2020.101389.