



**ECO-PSYCHOLOGY**



**SUSTAINABILITY**



**EARTHEARTS**

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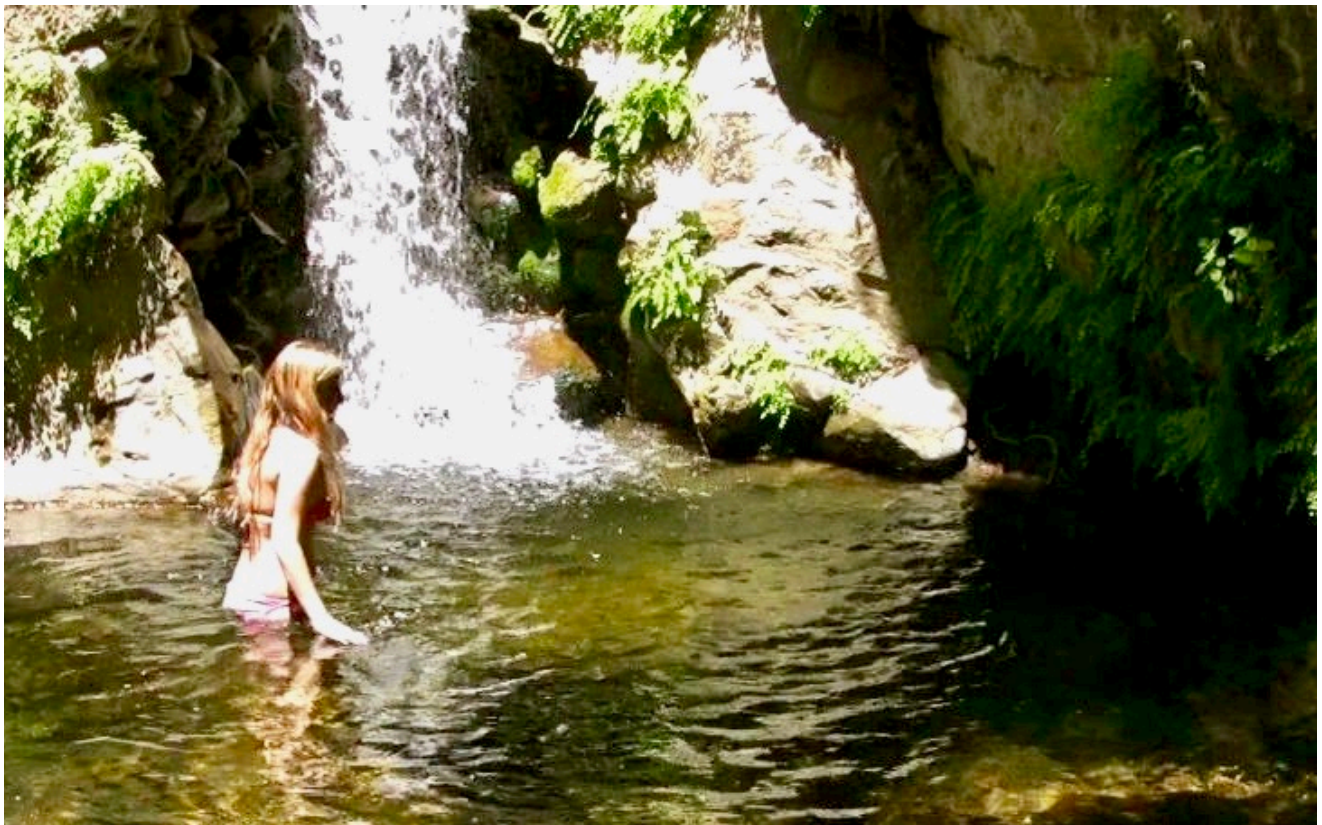
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**ANNOUNCEMENTS**



## Heartwood Path Newsletter



### ECO-PSYCHOLOGY

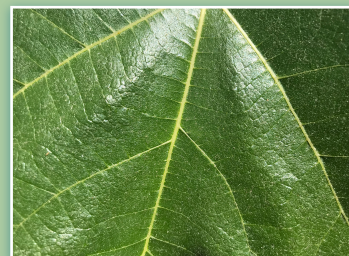
## Ten Reasons To Commune With Nature

Look over any of the activities included in the eco-psychology course The Heartwood Path Kosmos, and you will see that they all begin by encouraging the participants to move to a natural place outdoors. This approach is done for ten very good reasons, each supported by published research:



1. Being outside in nature is good for you. It improves your physical health—better than exercise. Unwanted physical conditions such as heart disease, back problems, respiratory infections, migraines, cancer and diabetes and undesirable mental disorders such as depression and anxiety are lower in areas with more green space (**Maas, J., Verheij, R. A., de Vries, S., Spreeuwenberg, P., Schellevis, F. G., & Groenewegen, P. P. (2009).** *(Morbidity is related to a green living environment. Journal of Epidemiology and Community Health, 63(12), pp. 967-973).*
2. Being outside in nature, even for a short time increases hedonic wellbeing (feeling good). It improves one's emotional functioning and makes one feel more satisfied with life (**Capaldi, C., Passmore, H., Nisbet, E., Zelenski, J., & Dopko, R. (2015).** *Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention. International Journal of Wellbeing, 5(4), pp. 1-16).*
3. Being outside in nature helps one find more meaning in one's life (**Capaldi, C., Passmore, H., Nisbet, E., Zelenski, J., & Dopko, R. (2015).** *Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention. International Journal of Wellbeing, 5(4), pp. 1-16).*
4. Being outside in nature helps one make better life-choices (**Capaldi, C., Passmore, H., Nisbet, E., Zelenski, J., & Dopko, R. (2015).** *Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention. (International Journal of Wellbeing, 5(4), pp. 1-16).*
5. Being outside in nature helps one experience more personal growth (**Capaldi, C., Passmore, H., Nisbet, E., Zelenski, J., & Dopko, R. (2015).** *Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention. International Journal of Wellbeing, 5(4), pp. 1-16).*
6. Being outside in nature's helps one become more socially competent (**Capaldi, C., Passmore, H., Nisbet, E., Zelenski, J., & Dopko, R. (2015).** *Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention.*

*Receive college credit  
for taking Heartwood  
Path courses.*



Akamai University's  
Project NatureConnect  
now offers Heartwood  
Path Courses.  
Internationally accredited,  
these courses can be  
taken as independent  
study or with a group. For  
more information, call Dr.  
Michael Cohen at  
360-378-6313.



- (**International Journal of Wellbeing**, 5(4), pp. 1-16).
7. Being outside in nature's helps one feel more energized and alive (**Capaldi, C., Passmore, H., Nisbet, E., Zelenski, J., & Dopko, R. (2015).** *Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention* (**International Journal of Wellbeing**, 5(4), pp. 1-16).
  8. Being outside in nature's helps one become more creative (**Plambech, T., & Konijnendijk van den Bosch, C. C. (2015).** *The impact of nature on creativity - A study among Danish creative professionals.* **Urban Forestry and Urban Greening**, 14(2), pp. 255-263).
  9. Stages of Consciousness are more permanent than states of consciousness. For our purposes, there are four main stages. Being outside in nature helps one to be more kind, more empathetic, better able to take other people's perspectives (**Pretty, J., Rogerson, M., & Barton, J. (2017).** *Green mind theory: How brain-body-behaviour links into natural and social environments for healthy habits.* **International Journal of Environmental Research and Public Health**, 14(7).
  10. Being outside in nature leads people to develop pro-environmental attitudes, making them more likely to behave in ways that are good for the environment (**Rosa, C. D., & Collado, S. (2019).** *Experiences in nature and environmental attitudes and behaviors: Setting the ground for future research.* **Frontiers in Psychology**, 10(APR), pp. 1-9).

#### SUSTAINABILITY

## Respond To The Following Action Alerts

**Good News:** That huge bovine feeding operation that we reported was poised to threaten the nation's premier Scenic River—the Buffalo, in Arkansas—has been stopped. Let us all be thankful.

### The Border Wall

Read how the border wall being built along the U.S/Mexico border will impact wildlife and the environment.

<https://www.nationalgeographic.com/environment/2019/01/how-trump-us-mexico-border-wall-could-impact-environment-wildlife-water/>

### Clean Water

Help the Earth Island Institute protect water.

<https://www.earthisland.org/index.php/advocates/take-action-for-advocates>

### California Wild Lands

Help save land critical to condors.

<https://www.calwild.org/action/>

### **Land and Water Conservation Fund**

Don't let money be diverted from the Land and Water Conservation Fund.

<https://www.calwild.org/action-alert-fully-fund-lwcf/>

### **Clean Air**

Help Earth Island Institute protect the air.

<https://www.earthisland.org/index.php/advocates/take-action-for-advocates>

### **Uranium Mining in Grand Canyon**

Sign the petition to help protect the Grand Canyon and nearby lands.

[https://act.credoaction.com/sign/grand-canyon-mining\\_2](https://act.credoaction.com/sign/grand-canyon-mining_2)

### **EARTHEARTS**

## **What Are They Doing?**

Don Pierce has been helping with the teaching of courses at Project NatureConnect, which will soon be adding a Heartwood Path course to its college-accredited curriculum.

Having already prepared the first two Heartwood Path books for publication on Kindle, Courtney Pierce is formatting the book **Ecoss** to join our other books at the prominent online publisher.

### **ANNOUNCEMENTS**

## **Work/Study Program Keeps Kosmos Free**

Sign up to be a member in our first course, **Kosmos** on the [website](#) soon because on November 1 it will no longer be available for free. But don't worry: you will still be able to receive **Kosmos** for free if you partake in our work-study program. Talk to Don or Courtney for details.