



HANDS-ON WORKSHOP

Forest therapy: using mindfulness to foster pro-conservation behaviour

Belinda McCawley, Mindful in Nature

Abstract

Our society is facing significant ecological and sustainability challenges which demands innovative, practical and creative solutions to change the tides of environmental and sustainability education. Mindfulness can play a key role in addressing environmental challenges through expanded consciousness, self-awareness, compassion and empathy to open hearts to a movement of change. The term "forest therapy" is associated with mindful experiences in nature. It is a medically proven, evidence based public health practise that combines a specific blend of complimentary activities in a forest or natural area. Forest therapy fosters connectedness with nature and promotes a sustained awareness of the interrelatedness between one's self and the rest of nature. It offers participants creative and innovative ways to develop a deep connection with nature. When we have a connection with nature, we have an innate desire to protect. Reconnecting people with nature can play a useful role in addressing many of today's ecological and sustainability challenges.

Speaker Profile

Belinda McCawley holds formal qualifications in environmental management and sustainable development, is a registered meditation teacher and forest therapy guide. In 2020, Belinda founded Mindful in Nature, a start-up offering mindfulness and forest therapy experiences in Western Australia. Belinda's commitment with Mindful in Nature is to integrate biological systems to promote resilience, essential for the sustained maintenance of human well-being and the planet. Her mission is to enrich the lives of others through a combination of mindfulness training and building stronger connections with our natural environment.

Website links

