

Therapeutic Nature Activities to Improve Well-Being: A Systematic Review

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The purpose of this study was to evaluate the current available literature on how nature activities improve well-being on the physical, mental, and social levels. The guiding research questions included: How do occupational therapists use nature as a treatment intervention? Do therapeutic nature activities improve well-being for individuals aged 18-60? Is there a significant difference in well-being before and after therapeutic nature activities? The design of the study was a systematic review and methodology included a self-designed grading rubric to rate the significance of article related to the hypotheses and research questions. Data analysis was descriptive in nature. A total of 30 articles were analyzed in this study and 73% scored 'good' on the self-designed rubric indicating support for the use of nature activities as an intervention to improve overall well-being. The results demonstrate that immersing in nature and participating in nature activities such as hiking, horseback riding, outdoor gardening, sunlight exposure, green spaces, and fishing positively benefit physical, mental, and social well-being. This study supports OTPs in utilizing nature-based interventions with clients to support and improve overall well-being.

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