

CENTRE FOR INNOVATION AND RESEARCH IN WELLBEING

Emerging Paradigms in Wellbeing Research: Nature, Mindfulness and Spirituality

Tuesday 27 June / 10am-4pm

Tower Room, Attenborough Centre for the Creative Arts,
University of Sussex, Falmer, Brighton, BN1 9RA

This symposium focuses on three key strands of contemporary research that are reshaping the way we think about human wellbeing: nature, mindfulness and spirituality.

Key health service bodies such as Public Health England have noted growing research on the relationships with the natural environment that demonstrates profoundly positive impacts resulting from experience of, and engagement with, nature. This includes evidence of the benefits of exercising in a natural environment, known as 'green exercise'. Accessing green and blue open spaces has also been demonstrated to have a therapeutic effect on certain mental health conditions.

There is a considerable body of research demonstrating the positive benefits of mindfulness practice for a range of health and mental health problems and growing evidence of the value of linking mindfulness with experience of natural environments.

Spirituality includes having a sense of meaning and purpose in life and practices of meditation and prayer have been shown to have positive impacts on wellbeing.

This symposium will provide an opportunity to learn about cutting edge research in these three interrelated areas that are transforming the wellbeing agenda, with profound implications for policy and practice in health and social care.

Book your place by emailing Anna Ridgewell:

A.Ridgewell@sussex.ac.uk

Attendance is free but spaces are limited and assigned on a first-come-first-served basis

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