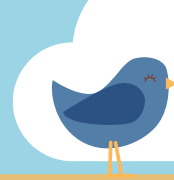
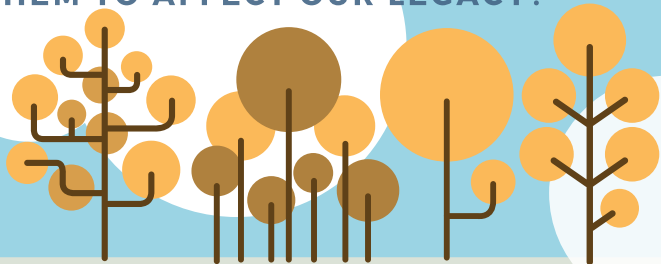


# NATURAL AND CONSTRUCTED ENVIRONMENTS

TO WHAT EXTENT ARE NATURAL AND CONSTRUCTED ENVIRONMENTS FLUCTUATING, AND HOW CAN WE INTENTIONALLY INTERACT WITH THEM TO AFFECT OUR LEGACY?



## SOME WAYS TO GET INVOLVED:

### SHARE YOUR OUTDOOR PROJECTS!

GET OUTSIDE AND START PROJECTS AT HOME AND IN YOUR OWN COMMUNITY! SUBMIT PHOTOS WITH A SHORT SUMMARY TO BE FEATURED IN THE CAROLINA CRIER.

### ATTEND EVENTS HOSTED BY PTK!

FROM WORKSHOPS TO INDUCTIONS, THERE ARE SO MANY WAYS TO GET INVOLVED! PHI THETA KAPPA EVENTS ARE A GREAT WAY TO GET CONNECTED WITH YOUR CHAPTER IN-PERSON OR ONLINE!

### HELP RAISE AWARENESS!

DONATE OR VOLUNTEER WITH AN ORGANIZATION, SUCH AS THE ONE MILLION GOAL OR TERRACYCLE; ORGANIZE A TRASH PICK-UP IN YOUR COMMUNITY; START RECYCLING INITIATIVES AT YOUR HOME OR SCHOOL; THE OPPORTUNITIES ARE ENDLESS!

## EXPLORING THE OBLIGATE RELATIONSHIP BETWEEN THE WELLBEING OF HUMANS AND THE WELLBEING OF THE NATURAL WORLD

Human beings and the natural world exist within obligate symbiosis, meaning each organism's wellbeing is directly dependent on the wellbeing of the other. Nature is responsible for providing humans (among other living beings) the basic necessities for their survival, such as: food, climate and water. Beyond those basic provisions, there exists a multitude of short- and long-term benefits for the overall wellbeing of humans when they interact positively with the natural world.

The wellbeing of an individual refers to their physical, emotional, social and spiritual health. The wellbeing of the Earth refers to preventing climate change, protecting biodiversity, reducing pollution and fostering caring and respectful mindsets within humans towards the natural world. The wellbeing of the Earth is also dependent on humans. Humans play a direct role in either the conservation or the decimation of the Earth.



### HOW CAN YOU POSITIVELY IMPACT THE EARTH?

### HOW CAN THE EARTH POSITIVELY IMPACT YOU?

Mental health and climate change both find themselves at the forefront of the contemporary world's concerns. Recent decades have seen a shift to more sedentary and disconnected lifestyles. More and more individuals spend a majority of their time indoors and/or with their eyes on screens.

When the Journal of Park and Recreation Administration surveyed children about their outdoor activities, approximately half of them reported that texting, listening to music and playing video games kept them from going outside more often. Many parents believe technology is safer and easier for their child to interact with than the outdoors.

According to an American College Health Association survey conducted in 2017, 67% of college students reported experiencing "tremendous stress," 51% reported "feelings of hopelessness" and 13.2% had been clinically diagnosed with depression or anxiety. These rates are similar when examining the population as a whole. The World Health Organization conducted a study in 2017, and found that 20% of the global population had experienced some form of mental illness within the last twelve months.

Short-term exposures and interactions with natural environments have been found to: lower stress and depressive levels; increase self-esteem, moods and perceptions of mental and physical health; improve sleep; and foster feelings of relaxation.

Long-term exposures and interactions with natural environments have been found to: improve overall mental health; increase physical activity levels; lower risk for certain illnesses, diseases and disorders; enhance learning functions and capacities; increase the likelihood an individual will engage in eco-friendly behaviours and mindsets; and increase overall self-reported life satisfaction.

**"THE IRONY IS THAT DESPITE LIVING IN AN ERA OF UNLIMITED ACCESS TO INFORMATION AND AWARENESS, FEELINGS OF HOPELESSNESS AND HELPLESSNESS ARE MORE THAN EVER...IN HEALING THE EARTH, HUMANITY CAN HEAL ITSELF (& VICE VERSA)."**

**-ANDY FISHER**



EMAIL (WORD OR PDF ATTACHMENT) TO THE REGIONAL COORDINATOR,  
BETH CARRAWAY (BETH.CARRAWAY@HGTC.EDU),  
BEFORE

# JANUARY 20, 2021

TO BE ELIGIBLE TO RECEIVE A PARTICIPATION AWARD  
AT THE 2021 CAROLINAS REGIONAL CONVENTION.



**CHAPTER NAME:** \_\_\_\_\_

**COLLEGE NAME:** \_\_\_\_\_

**PLEASE EXPLAIN WHICH OPTION WAS CHOSEN,  
WHY IT WAS CHOSEN AND THE OVERALL IMPACT IT HAD:**

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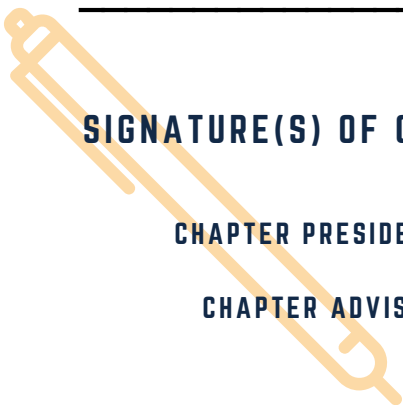
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**SIGNATURE(S) OF COMPLETION:**

**CHAPTER PRESIDENT:** \_\_\_\_\_

**CHAPTER ADVISOR:** \_\_\_\_\_



“...”



## REFERENCES:

### SOURCE ONE:

CHAVALY, D., & NAACHIMUTHU, K. P. (2020). HUMAN NATURE CONNECTION AND MENTAL HEALTH: WHAT DO WE KNOW SO FAR? INDIAN JOURNAL OF HEALTH & WELLBEING, 11(1-3), 84-92. [HTTPS://CHAT.OCTECH.EDU:2083/10.15614/IJHW.V11I01.18](https://chat.octech.edu:2083/10.15614/IJHW.V11I01.18)

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