

Nature-based therapies for the psychological wellbeing

LESSON 10

Perceptions of Inclusion, well-being and Identification with the European Union in Ukrainian university students



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Image by [Mymyberries](#) from

- Nature-based therapy supports mental health for students affected by trauma and displacement
- Exposure to natural environments reduces physiological stress and improves mood (Siah et al., 2023)
- Activities such as walking, sitting in green spaces, or caring for plants promote calm and emotional grounding

Nature Activities in University Settings

- Group walks, outdoor mindfulness, and reflection sessions enhance present-moment awareness
- Studying or relaxing in green spaces reduces rumination and improves focus
- Forest bathing (shinrin-yoku) is associated with reduced anxiety and depression symptoms (Siah et al., 2023)
- Gardening and environmental activities support resilience, purpose, and sensory engagement



Integrating Nature into Wellbeing Support

- Group outdoor activities promote both social connection and emotional recovery
- Animal-assisted interventions reduce stress and increase feelings of safety
- Outdoor yoga or relaxation combines movement, mindfulness, and natural environments
- Nature-based approaches complement, but do not replace, psychological counseling
- These strategies provide accessible tools for stress reduction, emotional regulation, and well-being



Thank you

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