



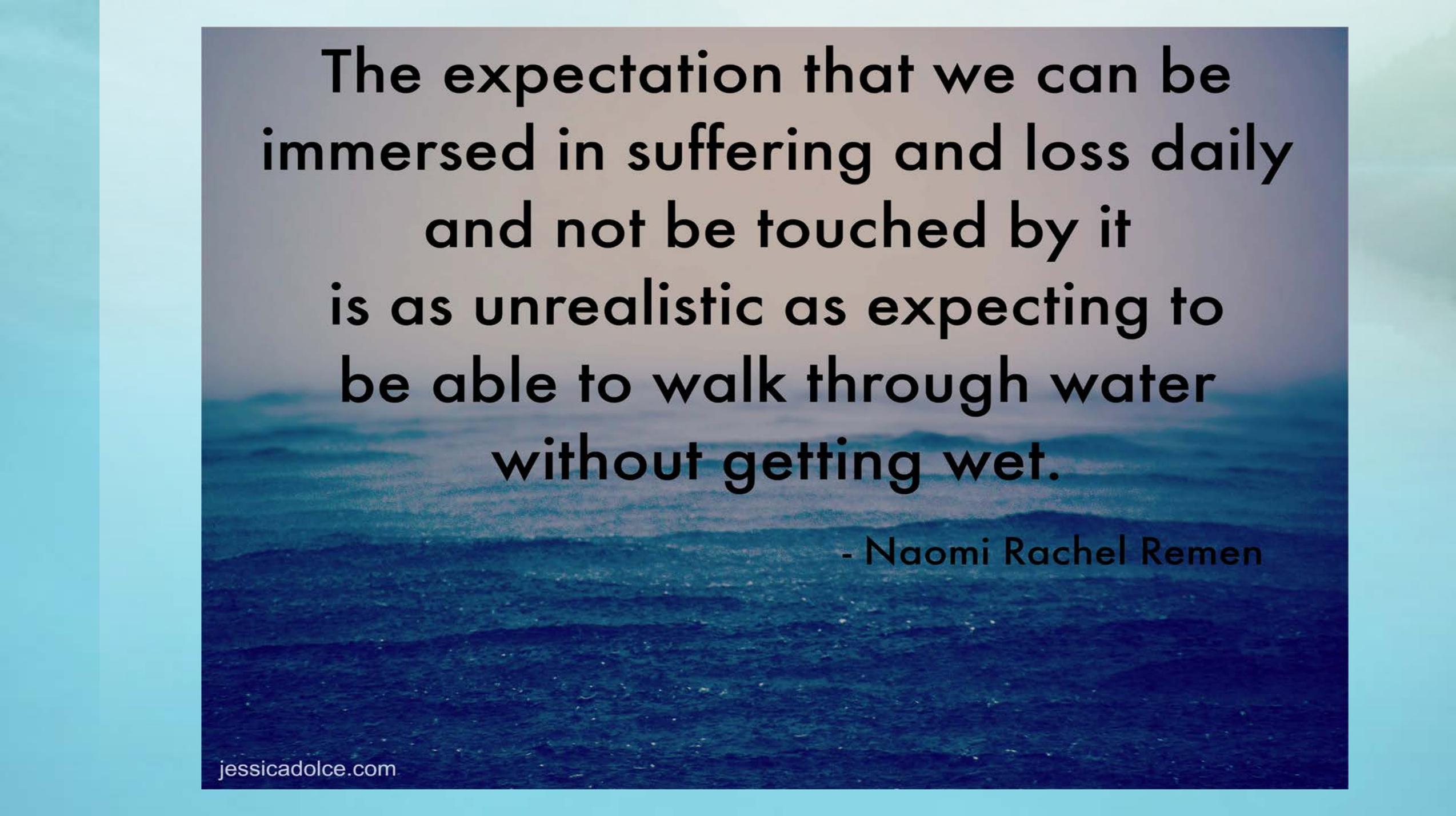
Nature's Remedy

Lynette Spencer, LCSW

Christie Van Kanegan, UNH Dual Degree Graduate Student

The Compassionate Journey

- Any journey comes with risk
 - Every time we “get on the road” we risk a flat tire, a car accident, etc.
- Good planning lowers risk, yet doesn't take it away completely
 - You can plan your route yet there may always be a traffic jam
- Risks are within us and external



The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.

- Naomi Rachel Remen

Symptoms

Arousal

- Fear/anxiety
- Compulsive behavior
- Obsessive thoughts
- Entitlement
- Sleep problems
- Weight gain/loss
- Irritability/easily angered
- Blame
- Impulsive
- Disease
- Immune problems
- hyper vigilance
- Increased perceived threats

Avoidance

- Procrastination
- Depression
- Self medicating
- Dread
- Hopelessness
- Constriction
- Diminishing self care
- Rumination
- Poor concentration
- Somatization
- Isolation
- Relational problems
- Chronic fatigue

Green font indicates nature can have a positive impact on reducing these symptoms.

Burnout

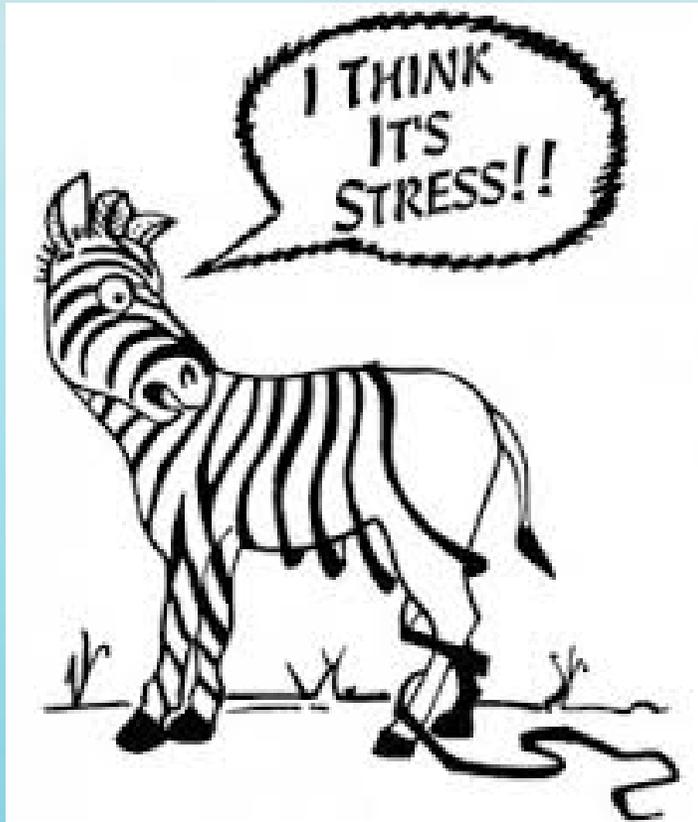
Burnout is a depletion or exhaustion of a person's mental and physical resources attributed to his or her prolonged yet unsuccessful striving toward unrealistic expectations, internally or externally derived.

Herbert Freudenberger

“Oh, you hate your job? Why didn’t you say so? There’s a support group for that. It is called EVERYBODY, and they meet at the bar.”

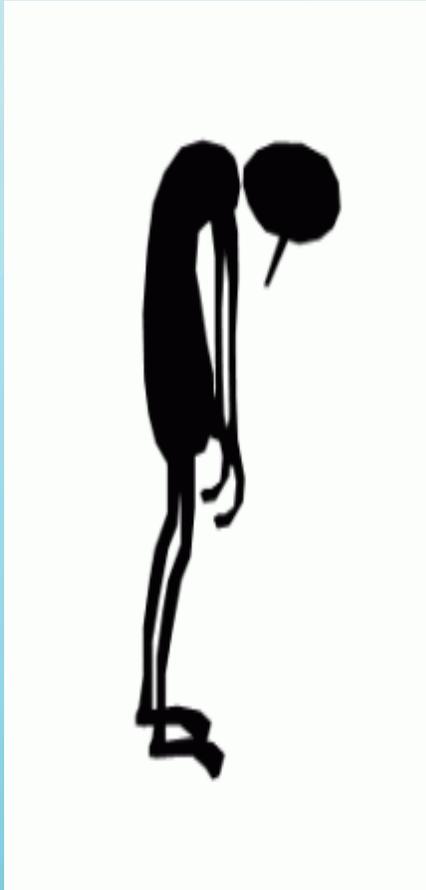
—Drew Carey

Stress



- the psychological perception of pressure
- the body's response to it
- involves multiple systems from metabolism to muscles to memory

Compassion Fatigue



- Indifference to charitable appeals on behalf of those who are suffering
- When your “give a darn” is busted
- “Cost” of caring for others’ emotional or physical pain
- “Running on empty”
- A level of physical and emotional exhaustion that impacts ability to feel empathy for others

Are You at Risk of Burnout?

- Cynical or critical at work?
- Drag yourself to work or Trouble getting started once you arrive?
- Irritable or impatient with co-workers, customers or clients?
- Lack the energy to be consistently productive?
- Lack satisfaction from your achievements?
- Disillusioned about your job?
- Using food, drugs or alcohol to feel better or to simply not feel?
- Sleep habits or appetite changed?
- Troubled by unexplained headaches, backaches or other physical complaints?

Nature Breaks

- A stroll through a natural setting can boost performance tasks calling for sustained focus.
- Performance on memory and attention tests improved by 20 percent after study subjects paused for a walk through an arboretum.
- When the same subjects were sent on a break to stroll down a busy street in town, *no cognitive boost was detected.*
- You don't even have to enjoy the walk to get the benefits!

- Dr. Mark Berman, University of Michigan

Extended, Routine Nature

- Endless research demonstrating:
 - Restorative benefits
 - Cognitive
 - Energy
 - Emotional
 - Memory
 - Productivity
 - Feelings of being in control
 - Lower blood pressure and other physiological/health benefits
 - Improved sleep

Rather than listen, let's do this. Coffee walks, anyone?