



Biophilic Health



Biophilic Health

Resilient by Nature



Health For Life

What is Biophilic Health?

Biophilic Health is a state of well-being where people thrive in connection with nature, the earth, and all living things. It involves **reconnecting** with nature, **discovering** its health benefits, and learn how to build resilience and live sustainably in a changing world and climate.

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Bio = life **Philic** = affinity toward (something)

We need nature to survive and thrive—its systems sustain us, its wisdom guides us, and our health and well-being are deeply interconnected.

The How of Biophilic Health

Here's how it works...



1

(Re)Connect with nature by stepping outside and bringing nature inside and into mind.



2

Discover nature's health benefits and affordances—the conditions and opportunities that enable life to flourish.

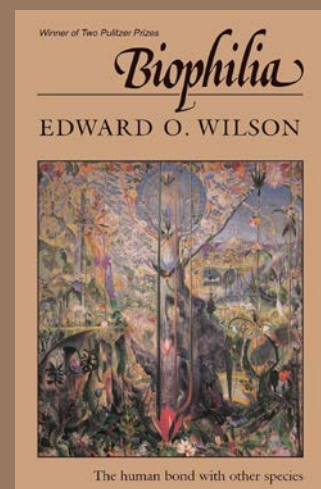


3

Learn how to build resilience and live sustainably in a changing world and climate.

Biophilia

Biophilia is the innate human tendency to seek connections with nature and other forms of life.



1

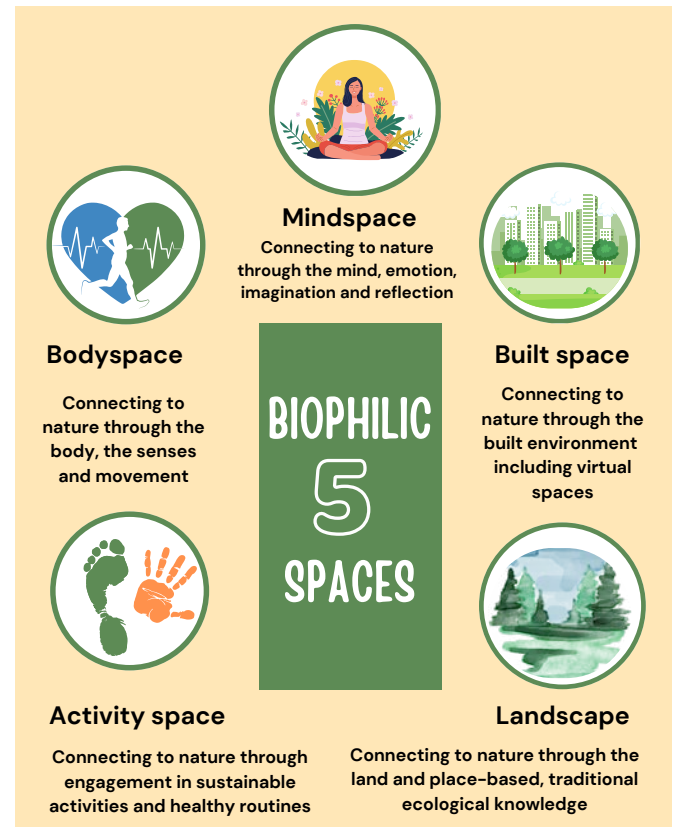


Discover ways to reconnect with nature and enrich your life

5 Biophilic Spaces of Everyday Life



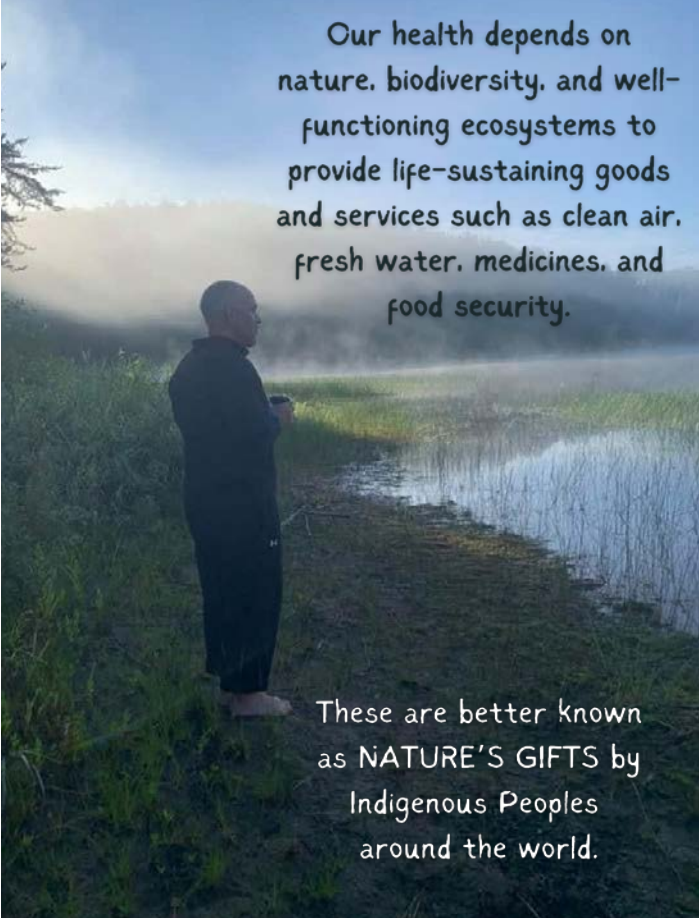
Biophilic spaces are the inner and outer landscapes of our everyday lives, enriched with nature to promote resilience, health and wellbeing.





Discover how nature is your lifeline

Spending time in nature makes people of all ages healthier, happier, smarter, better connected and more resilient.



Our health depends on nature, biodiversity, and well-functioning ecosystems to provide life-sustaining goods and services such as clean air, fresh water, medicines, and food security.

These are better known as NATURE'S GIFTS by Indigenous Peoples around the world.

NATURE'S HEALTH BENEFITS²

BETTER immune functioning

IMPROVED cardiovascular fitness

MORE effective emotional regulation

ENHANCED attention and cognition

GREATER social empathy



Children need nature to survive and thrive.

Research shows that contact with nature builds children's social emotional skills and resilience.





Learn From Nature how to be resilient and live sustainably

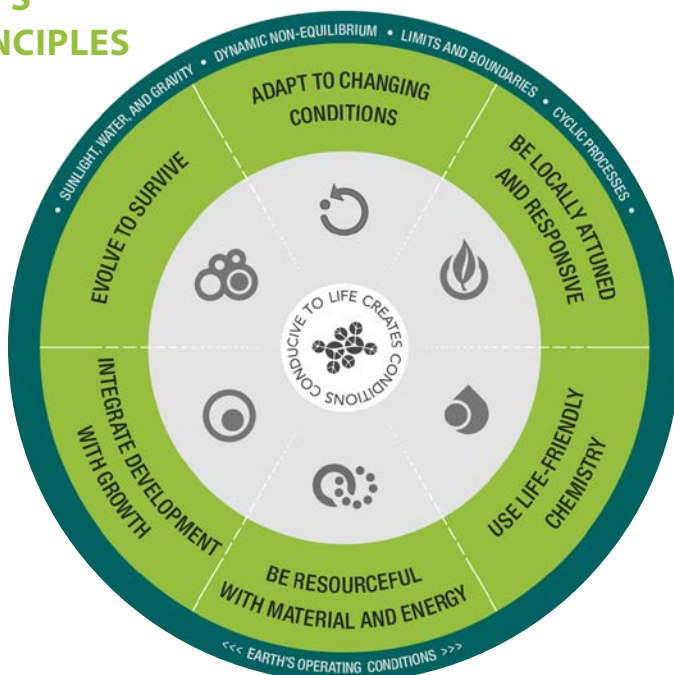
Nature holds life's secrets for **resilience** and **health** for life.

Learning to be resilient and live sustainably is about being well adapted to life on Earth, where our thoughts, actions, activities and relationships are life affirming rather than diminishing or destructive, and *like nature, create the conditions for life to flourish.*

Life's Principles

The Earth holds 3.8 billion years of life experience, offering time-tested principles and strategies for surviving and thriving—wisdom we can integrate into our everyday lives.

LIFE'S PRINCIPLES



4 Natural Resilience Strategies

1

PRACTICE SELF CARE

by renewing and restoring yourself through a balance of activity, rest and reflection

2

BE A CLEVER SENSOR by tuning into your senses and learning through experience and feedback

3

BECOME A NATURAL ARCHITECT

able to reshape your mindset, habits, and surroundings for the better

4

MASTER THE ART OF ATTUNEMENT

by building strong relationships, cooperating with others, and re-aligning with the rhythms of life

Nature's resilience strategies and enduring life principles span across species, offering **time-tested wisdom for survival and growth**. By realigning our minds and actions with nature, we **unlock the path to greater resilience and health for life**.

Natural Resilience Strategy

1

PRACTICE SELF CARE

BY RENEWING AND RESTORING YOURSELF
THROUGH A BALANCE OF ACTIVITY,
REST, AND REFLECTION



KNOW YOUR NATURE PRACTICES

*Tune-in. Take care. Draw strength from the
natural rhythms within and around you.*

Natural Resilience Strategy

2

BE A CLEVER SENSOR

BY TUNING INTO YOUR SENSES AND LEARNING
THROUGH EXPERIENCE AND FEEDBACK



KNOW YOUR NATURE PRACTICES

*Check in and around you. Listen to feedback.
Integrate the unexpected. Be spontaneous.
Repeat what works.*

Natural Resilience Strategy

3

BECOME A NATURAL ARCHITECT

ABLE TO RESHAPE YOUR MINDSET, HABITS, AND
SURROUNDINGS FOR THE BETTER



KNOW YOUR NATURE PRACTICES

Re-imagine. Re-use. Repurpose!

Natural Resilience Strategy

4

MASTER THE ART OF ATTUNEMENT

BY BUILDING STRONG RELATIONSHIPS,
COOPERATING WITH OTHERS, AND RE-ALIGNING
WITH THE RHYTHMS OF LIFE



KNOW YOUR NATURE PRACTICES

*Embody resilience.
Find strength in diversity.
Cultivate cooperative relationships.*

Looking to go further in your Biophilic Health journey?

More to come!

Biophilic Health resources
and online learning
opportunities for health
professionals, therapists,
educators and parents.

Want to learn more from nature, right now?

Learn Biomimicry:

www.learnbiomimicry.com

Ask Nature:

www.asknature.org

Nature Positive Initiative:

www.naturepositive.org

Biomimicry Institute:

<https://biomimicry.org>

Children and Nature Network:

www.childrenandnature.org

Discover 14 patterns of Biophilic Design:

[www.terrabinbrightgreen.com/
report/14-patterns](http://www.terrabinbrightgreen.com/report/14-patterns)

Biomimicry for Social Innovation:

<https://bsisocial.org>

Biophilic Design

Living Future:

<https://living-future.org>

Constructing Health:

www.farrowpartners.ca

Nature and Health Alliance:

www.natureandhealthalliance.org

www.biophilichealth.ca

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