



Mini-intervention model for addressing nature services and outdoor recreation

How is nature present in your life now or how has it been part of it previously?

What types of green exercise are part of your life now or have been part of your life in the past?

1

What kind of thoughts, feelings or sensations do you experience when you are in nature?

Or when you are physically active in nature?

2

If you wanted to, how could you strengthen your experience of nature in your everyday life?

3



This model was developed as part of the Sitra-funded *Hyvinvoinnin juurilla* project in the wellbeing services county of Southwest Finland, in collaboration with lifestyle counsellors, municipal physical activity advisors, and representatives from local health-promoting organisations.

You may use the following additional questions to help structure the discussion

1

The aim of the question is to highlight the person's nature connectedness and how nature is currently, or has previously been, present in their life, as well as how it influences or has influenced their physical activity.

By recalling and articulating past experiences in nature, it becomes possible to identify the resources, motivations, and opportunities associated with spending time in nature and engaging in nature-based physical activity.

- What is your relationship with nature, and which factors influence it?
- What kinds of experiences have you had related to spending time in nature?
- Have your experiences of nature been positive or negative?
- Has your engagement with nature primarily involved spending time in nature, being physically active in nature, or both?

2

This question aims to bring out the person's thoughts, feelings and sensations related to nature, as well as the resources they have available and any potential barriers.

You may also highlight that spending time in nature and engaging in physical activity outdoors can provide several significant health benefits, and reflect together with the client on how these benefits may be meaningful to them.

- What sensations do nature and being physically active in nature evoke in your body?
- Do you have a favourite place in nature? If so, how would you describe it?
- What sensory impressions can you make in nature at this time of year, and what do they mean to you?
- Are there any barriers that affect your ability to spend time in nature or be physically active in nature?

3

Promoting behaviour change is most effective when it builds on aspects of life that are personally meaningful and motivating. This question aims to help the client identify meaningful ways to increase their contact with nature and engage nature-based physical activity in everyday life.

If the client does not have the possibility to go out into nature, you may instead discuss ways of bringing elements of nature into their living environment.

- If you wanted to try something new related to nature, what would it be? What factors would support you in making it happen, and how, where and when would you like to do it?
- Do you know what nature-related opportunities are available in your municipality or local area?
- If you could, in what ways would you make your living environment more nature-friendly?

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If the client needs support in increasing their physical activity in nature, they can, when possible, be referred to the municipality's physical activity counselling services. They may also be recommended other nature-based services available through the wellbeing services county's service catalogues.