

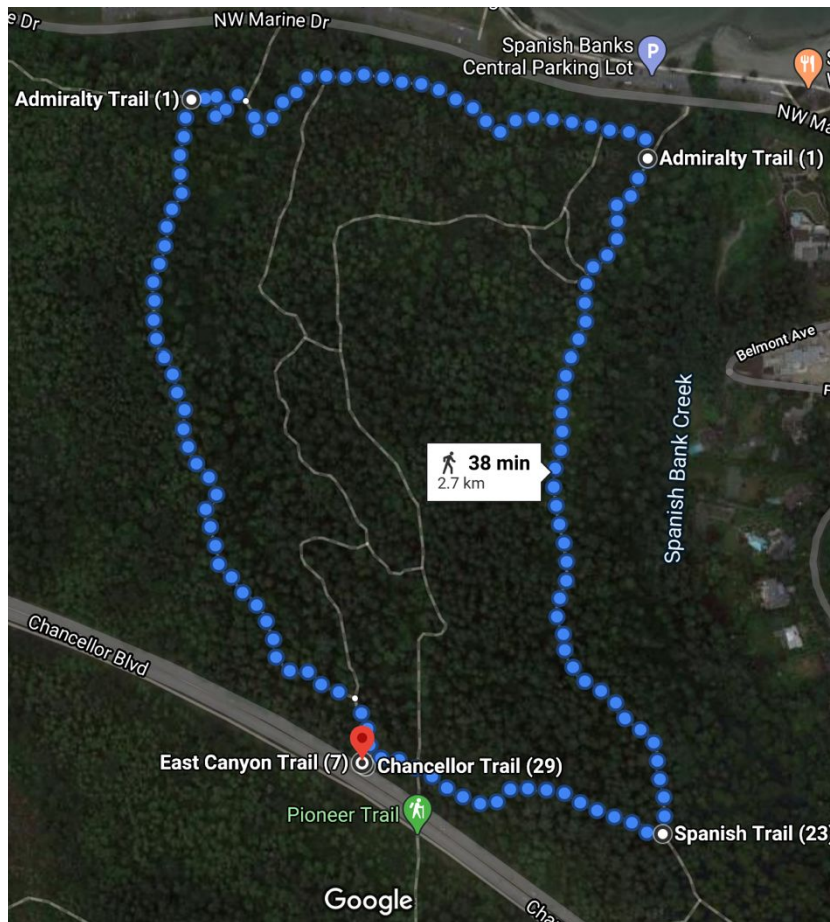
Group 6: Robert, Natasha, Sabella, & Paria

Phase 2: Asset map and Intervention schedule

2a. What assets exist on campus? The good folks at SEEDS have provided a few examples of existing maps of UBC's resources, including a biodiversity map, cultural map, and map of walking trails. Your group will create a map of the natural spaces on campus that students could access to support their wellbeing (or, see above, to engage in the type of intervention you have planned).

The University of British Columbia (UBC) offers many different natural landscapes that cater to a plethora of individuals. These are exemplified by UBC's West Point Grey location where any individual can choose the lush green landscapes of the forest, to the sandy beaches of both Spanish Banks, and Wreck beach. For the sake of this project, the land chosen will be Pacific Spirit Regional Park (PSRP), adjacent to Spanish Banks. The reason for this location is the natural landscape diversity and proximity to varying scenery – both forest and ocean. Our theory of abstaining from social media using gratitude writing as a nature prescription to enhance mental wellbeing should result as a benefit to the individual. The trails of PSRP surround the individual into a feeling of serenity, away from the stress associated with a city – a concrete jungle. Also, the trails of PSRP provide the option to easily customize the length of time the individual chooses to immerse themselves in nature. Pioneer Trail, Chancellor Trail, Spanish Trail, East and West Canyon Trail, and admiralty Trail offer intersecting that allows the individual to decide the length of respite from the city life. Furthermore, these trails lead into Spanish Banks Creek and its associated beach. See Figure (1a) and (1b) and Figure (2a) and (2b) for the two options that vary in length and scenery.

1a



In Figure 1a, this short commute approximates 38 minutes without factoring in breaks for water and the accompanying gratitude writing that stems from a stream of consciousness. The reason for this time is to allow undergraduate students with breaks that are roughly an hour and a half, to disconnect from nature, and reconnect with nature, and themselves. Perfect for the students on Tuesday and Thursdays who have a one-block break to quickly appreciate UBC's diversity.

Direction

1. Start Chancellor Trail (29)
2. Turn left onto Spanish Trail (23)
3. Turn left onto Admiralty Trail (1)
4. Turn left onto East canyon Trail (7)
5. End at Chancellor trail (29)

1b

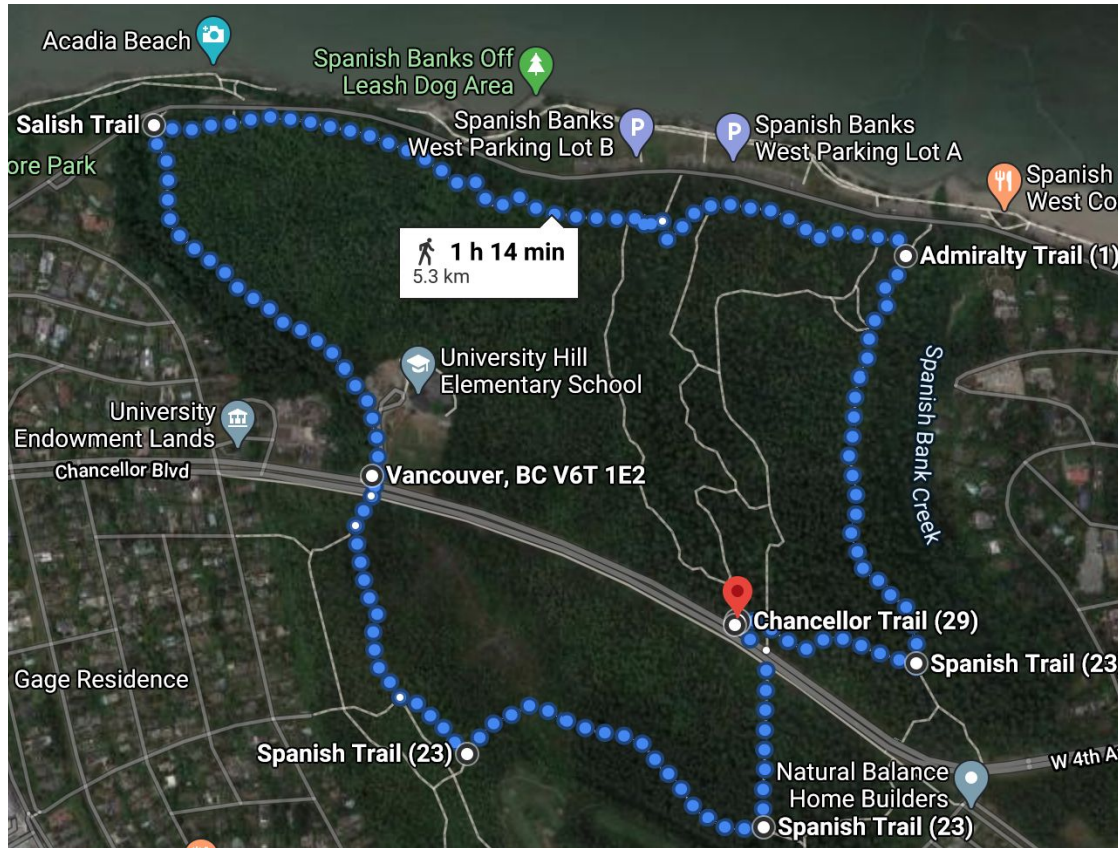


Figure 1b offers a lengthier walk that scales more of the vast landscapes UBC has to offer. Nearly double of the length of figure 1a, this allows more time for the participant to immerse themselves into the tranquility of the forest. However, this walk involves more time as the gratitude writing is expected to increase the time of this walk, individuals with extended breaks are encouraged to explore to a greater degree

Directions

1. Start at Chancellor Trail (29)
2. Turn left onto Spanish Trail (23)
3. Turn left onto Admiralty Trail (1)
4. Turn left onto Salish Trail
5. Cross Chancellor Blvd
6. Follow Spanish Trail (23)
7. Cross Chancellor Blvd
8. End at Chancellor Trail (29)

2a

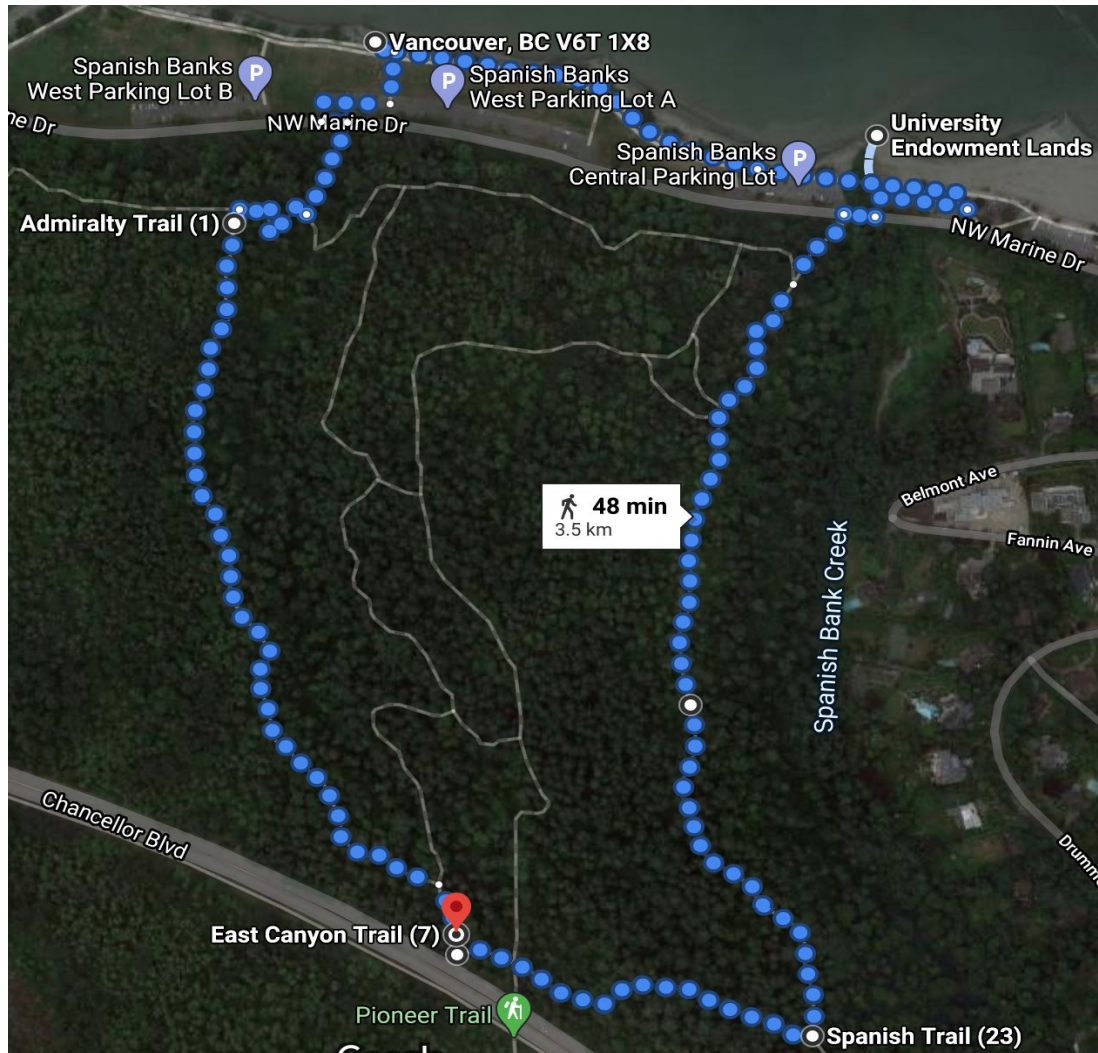


Figure 2a offers an adjustment to the landscape by including UBC's proximity to the ocean. This inclusion of the ocean is meant to spur various emotions for the participant thus translating as original differing content compared to solely being in the forest. This shift of landscape may better suit certain individuals. Once again, this is a relatively short excursion that is meant for the undergraduate student to experience during their breaks.

Directions

1. Start Chancellor Trail (29)
2. Turn left onto Spanish Trail (23)
3. Cross NW Marine
4. Turn left onto Spanish Banks Trail

5. Turn left onto Admiralty trail
6. Turn left onto East Canyon Trail (7)
7. End at Chancellor Trail (29)

2b

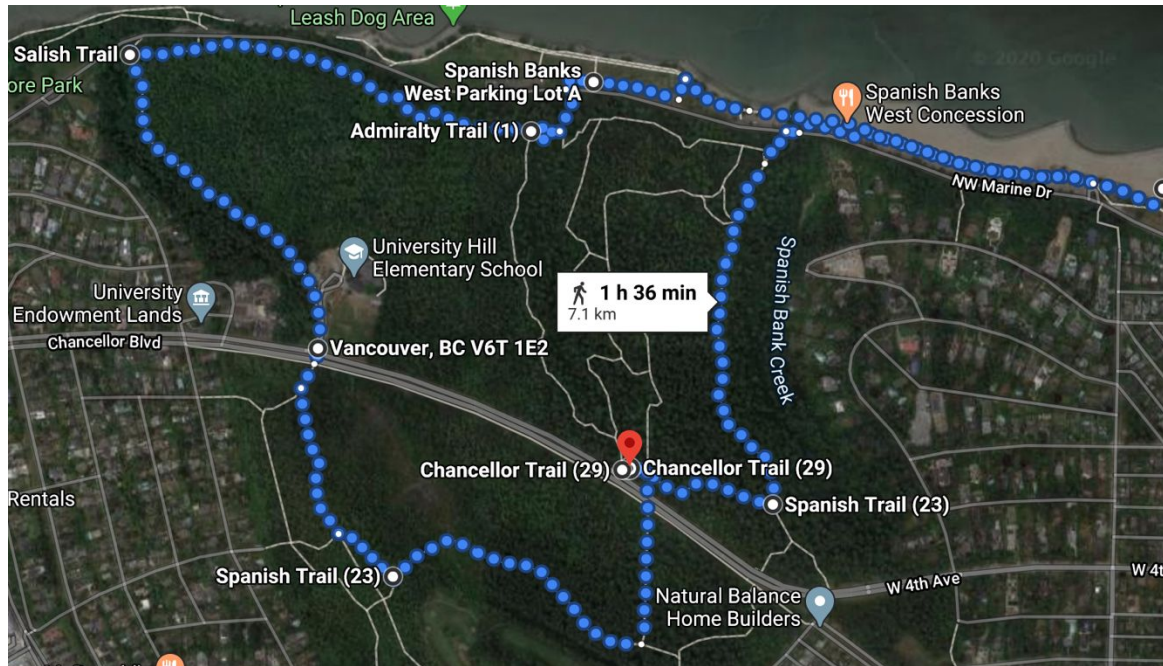


Figure 2b offers virtually everything 1b has, except an expanded beach section for those who enjoy the view of the water. However, the length of this adventure requires more time away from social media, and changing landscapes that allow each individual extra time to truly immerse themselves into what UBC and the City of Vancouver has to offer.

Directions:

1. Start at Chancellor Trail (29)
2. Turn left onto Spanish Trail (23)
3. Cross NW Marine Dr
4. Turn Right onto Spanish Banks
5. Continue for 650m
6. U-turn until Spanish banks Parking lot A
7. Cross NW Marine Dr
8. Turn right onto Admiralty Trail (1)
9. Turn left onto Salish Trail
10. Cross Chancellor Blvd
11. Turn left onto Spanish Trail (23)
12. Stay left
13. Cross Chancellor Blvd
14. End at Chancellor Trail (29)

2b

2b. In Phase 2, you also need to outline the design of your group's nature-based wellness intervention. In addition to a detailed description of what participants will do, what each team member is responsible for, what the intended benefits are, you also need to include a recruitment strategy (you can use the Wellness Centre's Facebook page, the SEEDS list serve, and also need to come up with an original recruitment idea) as well as a plan to evaluate the intervention.

The evaluation could include focus groups, interviews, and / or a survey. I recommend using UBC's subscription to Qualtrics for any surveys, and keeping your focus group questions to no more than 5 (avoid yes or no questions) and interviews to no more than 8 questions (also avoiding yes / no questions). You need to submit a copy of your Focus Group / Interview Guide and/ or survey questions as part of Phase 2.

The participants will be recruited using several tactics easily accessible with relatively low cost. Flyers will be stapled onto key locations where undergraduate students are prevalent. The locations that are milestones in promoting advancements are the AMS Nest, C.K Choi Building, Centre for Interactive Research on Sustainability (CIRS), Earth-Sciences Building (ESB), and the Beaty Diversity Building. Each of these buildings have ties into sustainability where the AMS Nest is the founder of SEEDS – where over 100 student-led sustainability projects are being initiated (UBC Sustainability, 2020). The other buildings have a heavy influence on sustainability by each incorporating an aspect of either researching sustainability, or the building themselves having a symbol of how sustainability can be incorporated into their construction. More targeted measures will place flyers within the buildings of those doing language majors who want to practice their writing. Furthermore, since our target audience is social media users, we will post online into the SEEDS Facebook page as well as status updates on our personal profiles to promote our mental wellness initiative. As an original recruitment idea we have discussed hosting a booth in the AMS Nest to gather individuals and speak to them on a firsthand basis to explain exactly what our initiative is offering, and exactly how this will be implemented. The AMS Nest generates a high flow of student traffic and would be a simple yet effective way to advertise our workshop and the reasons behind it.

The nature-based wellness intervention will begin with a short survey to test each participant's self-perceived levels of stress and anxiety before and after their journey. This creates as a baseline for us to determine the starting point of our participants and their progress throughout the nature prescription. Using this quantitative knowledge, we will graph the levels of improvement as the participants begin their journey. We have decided to compare the two days the participants engage in our Rx prescription because we will allow us to determine if

there is an effect of participating more than once as well for us to conclude how effective gratitude writing in nature without technology would be on a daily basis.

The participants are requested to attend two excursions throughout the week to analyze if the results given are carried throughout their attendance. We will be collecting both quantitative and qualitative research through pre and post workshop surveys. There will be scaled questions as we want to be able to graph the change in participants perceived anxiety and stress levels before and after participation. However, there is only so much that quantitative research can analyze within the context of mental wellbeing, so we will also include open ended questions to evaluate to a greater degree the experiences of the participant throughout their journey - building an individual narrative that will be included into the research. Each participant will be paired with one researcher where ideally a level of ongoing trust will be established. Participants will sign a consent form and be given a more detailed explanation of the workshop prior to the first excursion. On the day we will start with Natasha and Paria instructing each participant to fill out the pre-workshop survey on their phones, answering any questions, and finally asking each participant to turn off and put away their phones. Robert and Sabella will then lead the group through their first activity explaining and accompanying them in their gratitude writing exercise. After returning back from the exercise, Natasha and Paria will instruct participants to conduct the post-workshop survey, while Robert and Sabella let the participants know about when the second workshop will be taking place.

During the study, the participants will meet at the starting point – Chancellor Trail (29) where the brief survey will be conducted and we will record their answers. Their cellphones will promptly be turned off, out of immediate reach of their hands and they will be required to sign an agreement affirming the researchers that their electronic devices will not be used for the duration of the study. The Pacific Spirit Regional Park is clearly labelled with signage that should enhance the descriptive map, with directions, to navigate the terrain. They will follow our instructions on how we have chosen to work the study and after finishing the gratitude writing activity, we will ask them a second series of questions where we will then analyze a comparison of their internal emotions before and after participating.

The students are encouraged to take breaks at their own will, using the journal we provide, to enter a stream of consciousness and write any thought both related and non-related to the ongoing excursion. The gratitude writing while disconnecting from social media is meant to reduce the outside stressors; be it social or school related, to a much more relaxed state of mind.

Pre-Survey Link: https://ubc.ca1.qualtrics.com/jfe/form/SV_3w9t7dM1Nostoc5

Post-Survey Link: https://ubc.ca1.qualtrics.com/jfe/form/SV_2laDhTVqJa9FPEX