

## **GROUP DISCUSSIONS AFTER FOREST BATHING AND VR-NATURE INTERVENTIONS AT NATUREACH WORKSHOP3 AT ÖSTERÅSE 7-8 May 20204**

- Reflection on the perceived effects of the forest bathing/nature interventions and the VR interventions in the program
  - What was it in nature (IRL and VR) that affected you?
- Assessing the nature factors that influence the effects of a nature based intervention and create conditions and settings for positive nature experiences.
  - How did you experience the different environments?
  - Was there anything you missed?
- Discussion on the future development of the interventions: How can each team take home their experiences from Österåsen and implement them in their own interventions and activities?
  - How can you facilitate and contribute to creating a good VR environment for the client groups?

### **GROUP 1**

Forest bathing:

-how close people sit - some don't want to be alone and feel safe when they see somebody, but some people want to be alone

-head filled with lists of problems and undone things, it was hard to discard that voice

-Thought about snakes...are we sure that there are no snakes in the forest?

-all senses were active, warm sun on your clothes and skin, sensing the forest floor

-fresh smell of ground and forest

-mosquitoes could disturb

VR:

-technology does not work always, it can be stressful

-lots of thinking about visual sense, would it be better to have also other senses active, smells are needed, also warm sun

-sounds were important and very good quality

-wearing VR can be difficult to many clients

### **GROUP 2**

1. Discuss the results from the before and after surveys.
  - Too many different options for the different environments in the IRL
  - Normal skeptical issues around surveys – too big scale 1-10, what does 6 in comparison to 7 actually mean? and that 7 for one person might be very different than a 7 for another person

- Higher rates for the IRL as well as bigger differences between the before and after in the IRL
- the order of the interventions – would the results have been different if the VR first and then the IRL?
- also to think of in the interventions in the different pilots that the gap or difference between before and after might shrink over time

## 2. What element in the nature affected you?

### IRL

- frisk luft
- Mygg
- Solen i ansiktet
- Det blev kallt efter ett tag. Svårt att slappna av när man blir kall.
- Ljudet av vägen nedanför
- Trevlig fågelsång

### VR

- sound of the waves
- the sun
- sound of screaming seagulls, but there were no seagulls visible
- Ko videon – the big birchtree
- gigantic skiis and backpack – some felt others not...

## 3. Hur upplevde du de olika miljöerna. Var det något som saknades.

### IRL

- Saknade utsikt
- Svårt att hitta öppnare plats med färre små träd och buskar.
- Det var väldigt avslappnande
- Tiden passerade snabbt.
- Vi var mer uppmärksamma på detaljer i omgivningen

### VR

- maybe a bit more variety among type of environments and in terms of “action”
- some louder than others – would have liked some more volume

### GROUP 3

#### - Outside:

- Can feel the sun, wind, rain, etc.
- More sensory "stuff" (ie. all senses are engaged)
- Can't control the weather and such, but easier to get away from people (if need be)

#### - Inside:

- More irritated after than outside
  - Not the optimal situation, alone at home would be better
- Doesn't feel as real
- Can hear/feel other distractions
  - Like people talking, moving around, etc.
- The audio was very good. The soundtrack very clear and sounds authentic
  - Or at least doesn't sound like it's a recording
- Some of the VR videos could be better quality
  - Seaside Cliffs: Looking further away looks a bit blurry.
    - Looking at spots near the camera ok
- Mosquitoes outside
  - > Not nice
- Inside you can control your environment (temperature, etc.)
  - Less things to feel (sunlight, wind, scents, etc.)
  - Hard to get things to feel "real", or at least simulate them
- Both experiences did remind us of past experiences or at least feelings associated with those feelings