



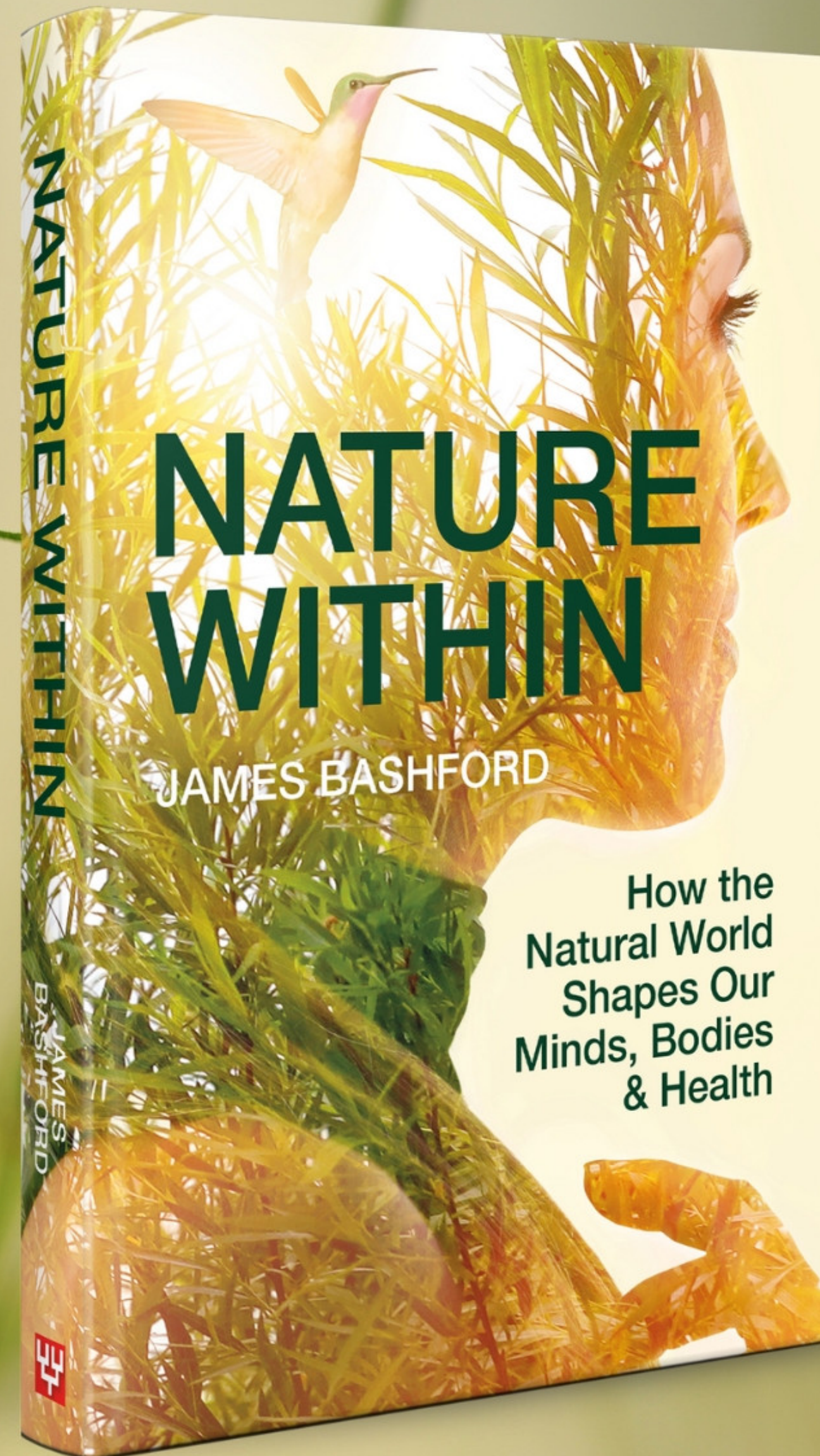
NATURE WITHIN

**How Connecting
with Nature
Supports our
Health & Wellbeing**

James Bashford

Future Lives Online Event
7th July 2026, 2-3pm

Silver-washed Fritillary



DOCTOR



FATHER



MOTH-ER



PUBLISHED JAN26

THIS TALK IN A NUTSHELL



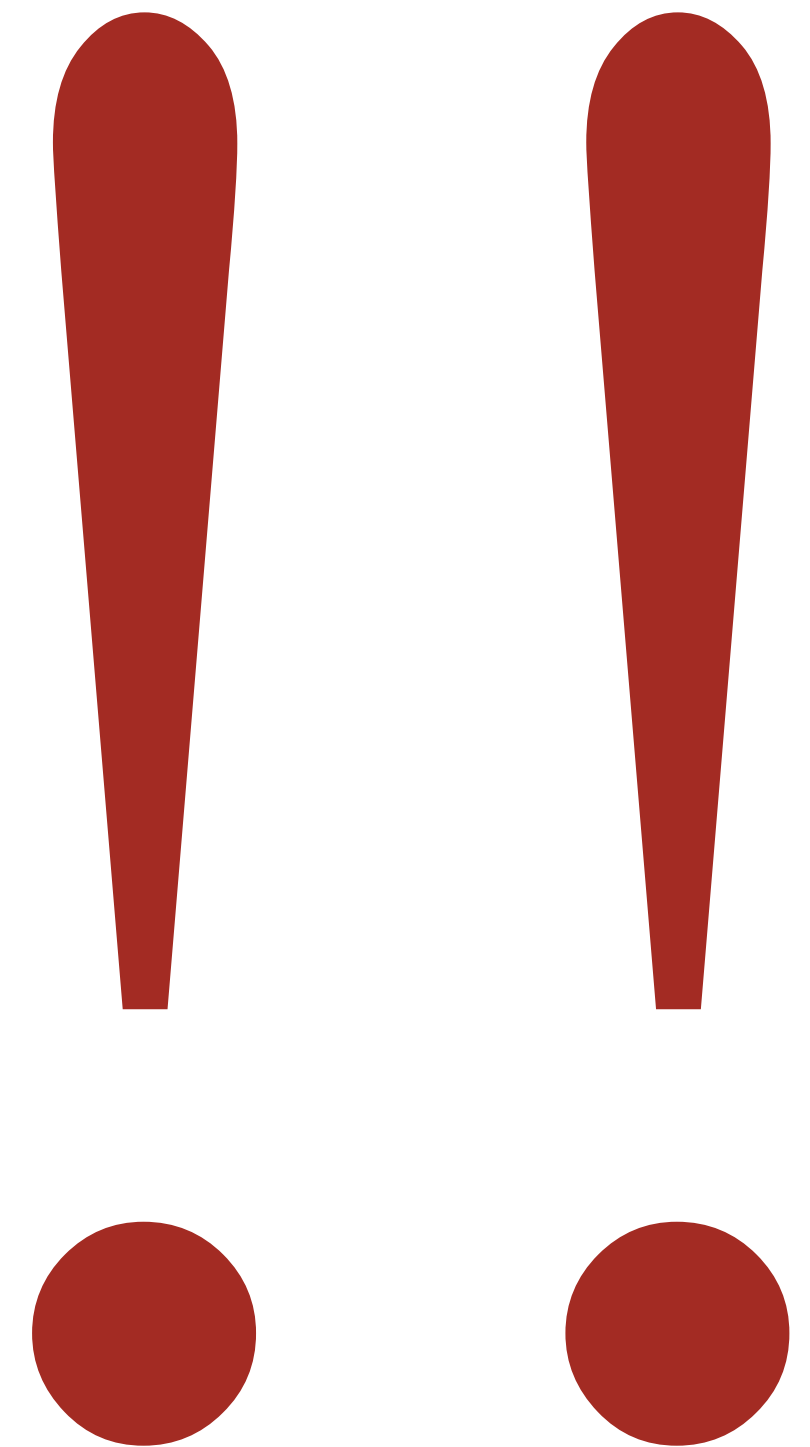
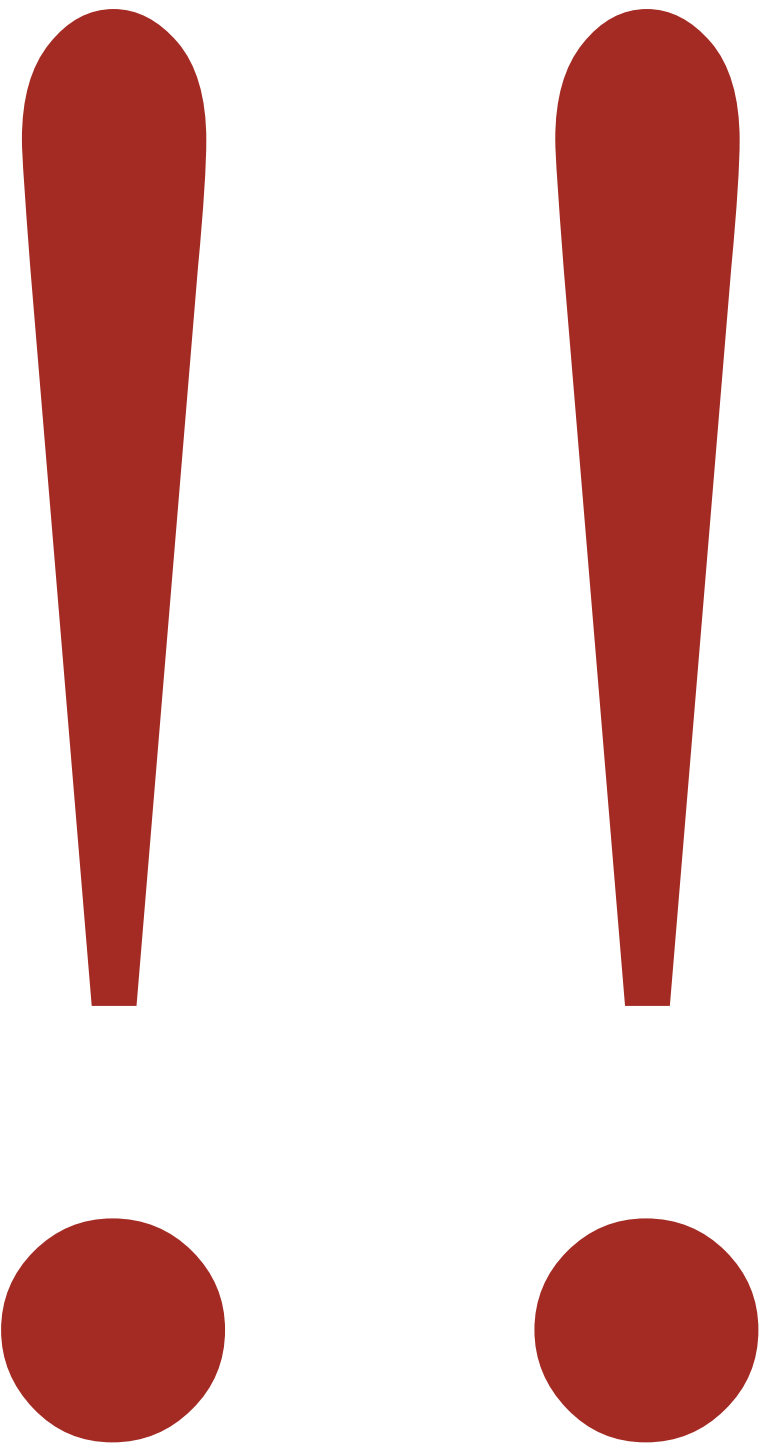
1. We are a *product* of Nature

2. We remain as *reliant* on Nature as ever

BUT...

3. We have become *disconnected* from Nature

**RECONNECTING
WITH NATURE
IS THE MOST
IMPORTANT
PUBLIC HEALTH
INTERVENTION
OF OUR TIME**





PART I

Making
Sense of
the Natural
World

PART II

Nature
As a
Force for
Good



PART III

Nature-
Deficit
Disorder

PART IV

Resetting
Our
Relationship
with Nature



PART I

Making Sense of the Natural World

‘If we desire optimal outputs from our brains today, then an improved appreciation for their naturally sustaining inputs is vital.’

Veery song
(Québec, Canada,
June 2022): played
at natural speed



Veery song
(Québec, Canada,
June 2022): played
at natural speed



Veery song

(Québec, Canada,
June 2022): played at
15% of natural speed



Veery song
(Québec, Canada,
June 2022): played at
15% of natural speed





A community arts project to welcome the G7 to Cornwall
== Ragdres Art Kemeneth rag Dỳnnerghi Ledỳorỳon G7 dhe Gernow

1:08pm - 1:20pm, Saturday 12th June 2021
Hayle Beach



Bill Bankes-Jones - Lead Artist

Kevin Instance & Mike Ward - Event Safety Officers Gull Rock Events

Susannah Pattinson - Postage & 2 Minute Beach Clean Angel

Kit Lefroy - Runner

For Tête à Tête:

Bill Bankes-Jones - Artistic Director

Anna Gregg - Administrative Director

Leo Doulton - Marketing Director

Anna Read - Wildkat PR

Andy Qualtrough - Filmmaker

Stuart Bailey - Camera & Editing

Miranda Qualtrough - Filming Assistance

Ian Kingsnorth - Photographer

James Street - Photographer

With thanks to:

Mark James, Tamzyn Smith, Cornwall Council

EVERYONE! Cornish Freelance Task Force

Mark Trevethan, Cornish Language Office, Cornish Council

Cornwall Mobility

Claire Wallerstein, Delia Webb, Cornish Plastic Pollution Coalition

Creative Kernow

PC Hawkins, D&C Police Liaison

Duchy of Cornwall

Jack Morrison & Feast

Ian Falconer, Fishy Filaments

Sam Boex, Flexi-Hex

G7 United Kingdom

Kevin Instance, Gull Rock Events

Helen Tiplady, Hall for Cornwall

Janie & Margaret First Aiders

Sravva, Krowji

Zoë Curnow, Minack Theatre

Simon Wright, David Tugwell, North Quay, Hayle

Ollie Shilston, Tom Bolt, Arran RNLI

Screen Cornwall

Clive Elston all the staff Tectube

Harry Dennis, Waterhaul

Wildworks

Martin Dorey, Nicky, Susannah, #2MinuteBeachClean



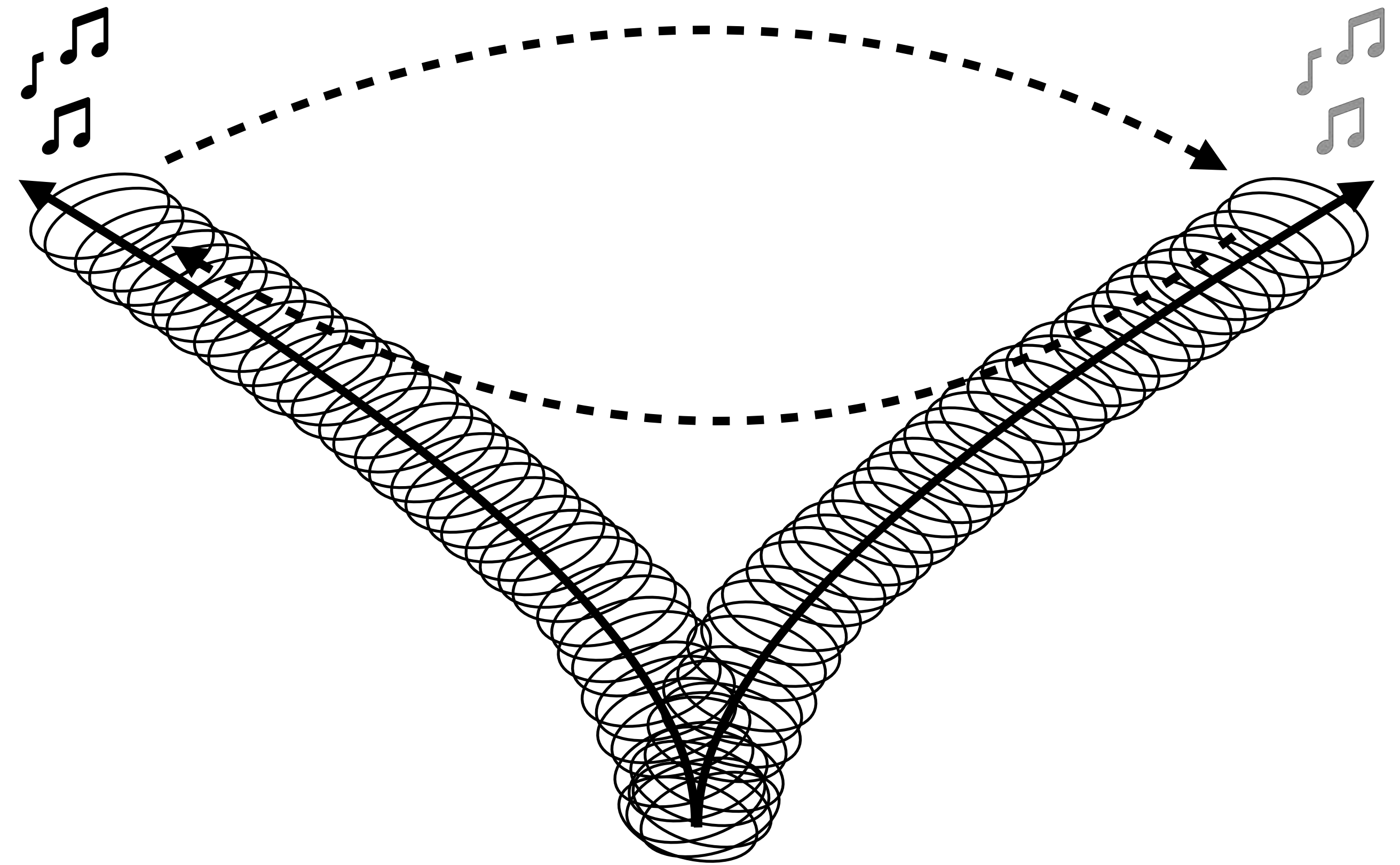
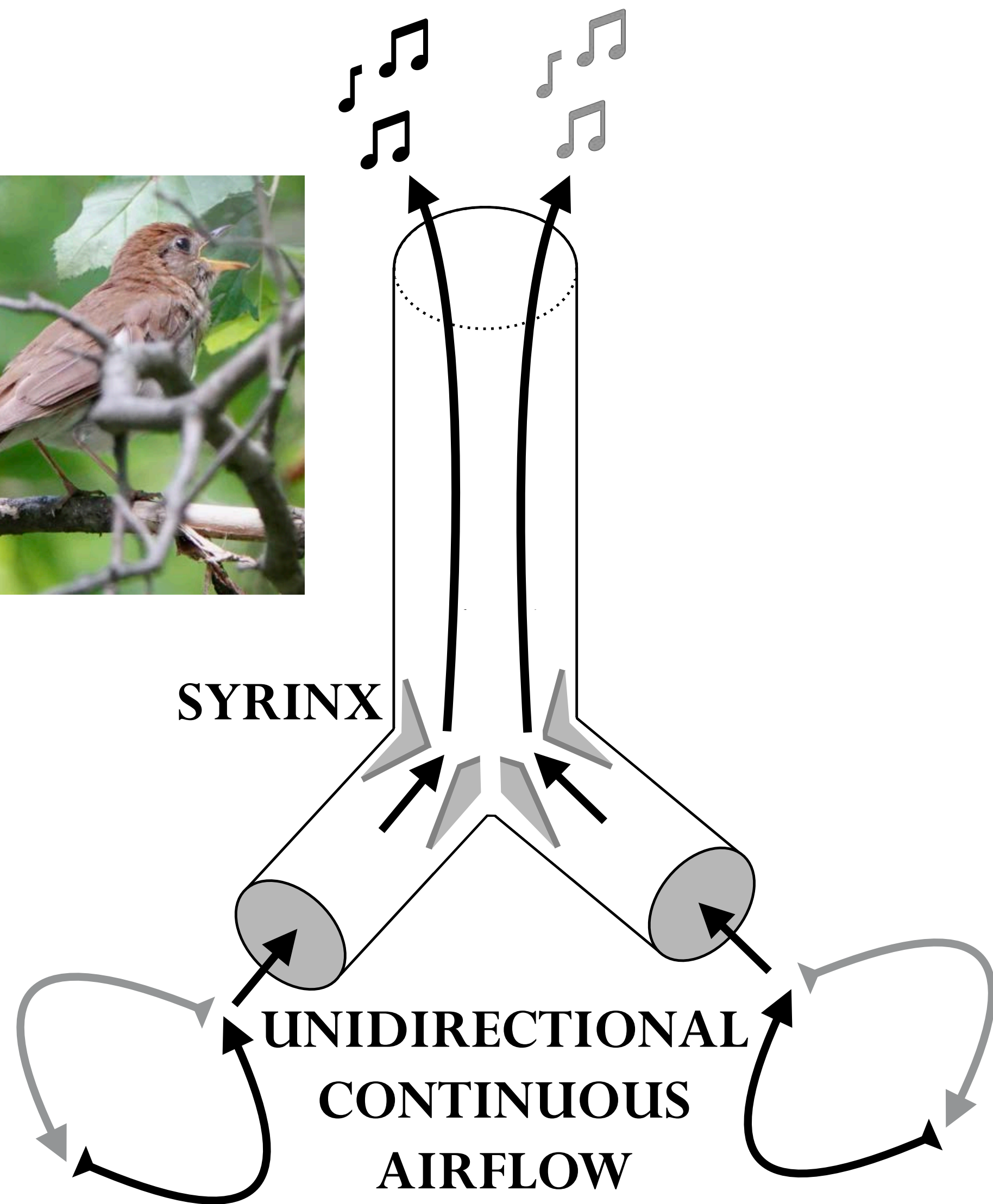
Supported using public funding by
**ARTS COUNCIL
ENGLAND**



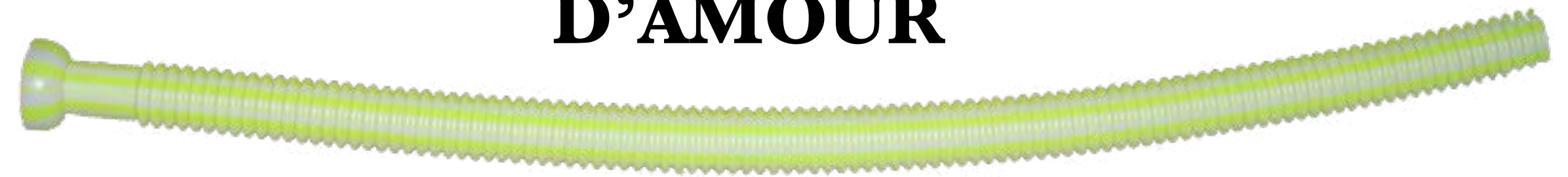
CREATIVE
KERNOW



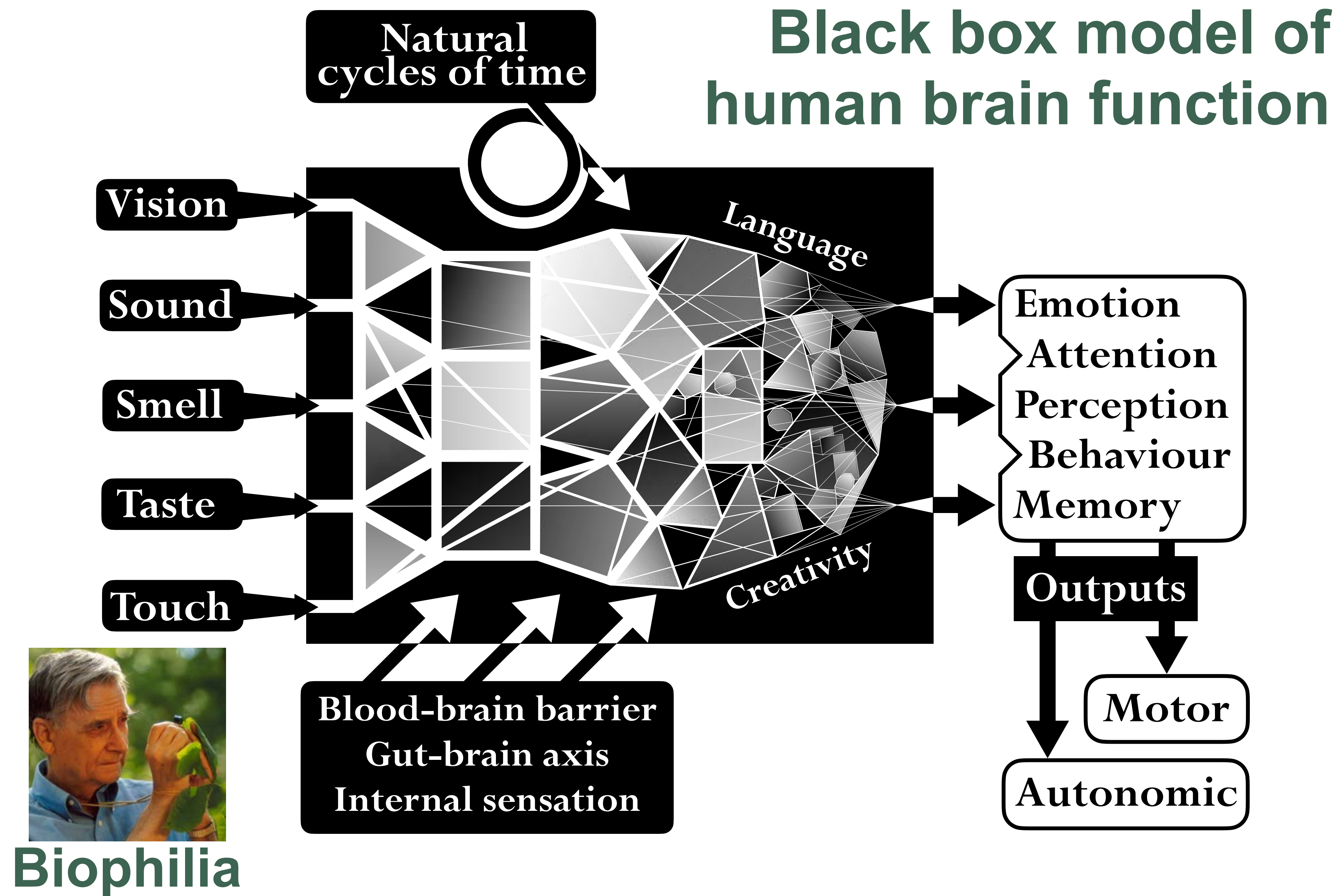
WILDWORKS



**WHIRLY TUBE, CORRUGAPHONE,
BLOOGLE RESONATOR, LASSO
D'AMOUR**



By chridd - Own work, CC BY 4.0, <https://commons.wikimedia.org/w/index.php?curid=34346879>



PART II

Nature As a Force for Good

‘A more naturally minded life is consistently a happier, healthier life.’

A



THE INCLUSION OF NATURE IN SELF SCALE

WHAT IS NATURE?

The phenomena of the physical world collectively; esp. plants, animals, and other features and products of the earth itself, **as opposed to humans or human creations.**

**OXFORD
ENGLISH
DICTIONARY**

Nature is all the animals, plants, and other things in the world that are **not made by people**, and all the events and processes that are **not caused by people.**

**COLLINS
DICTIONARY**

The material world, especially as **surrounding humankind** and existing **independently of human activities.**

DICTIONARY.COM

SIGN THE PETITION WEARENATURE.ORG

‘The greatest group noun of them all; the entangled web of planetary life of which humans are inextricably part.’

Robert Macfarlane



‘As the only known network of beings, environments and biochemophysical processes, Nature contains us.’

James Bashford

By Quejaytee - Own work, CC BY 4.0, <https://commons.wikimedia.org/w/index.php?curid=173253658>

By Garry Knight from London, England - People's Walk for Wildlife 2018 - 04, CC BY 2.0, <https://commons.wikimedia.org/w/index.php?curid=76235680>

‘Nature is...
the entire living
world - it, them,
me, you and us...’

Chris Packham





WE *Are* NATURE

We are a *part* of Nature, not *apart* from it

By The Mud Maid - Lost Gardens of Heligan by Anthony Parkes, CC BY-SA 2.0, <https://commons.wikimedia.org/w/index.php?curid=128792511>



PART II



University of Michigan School for Environment and Sustainability, CC BY 2.0

By Susannah Bashford

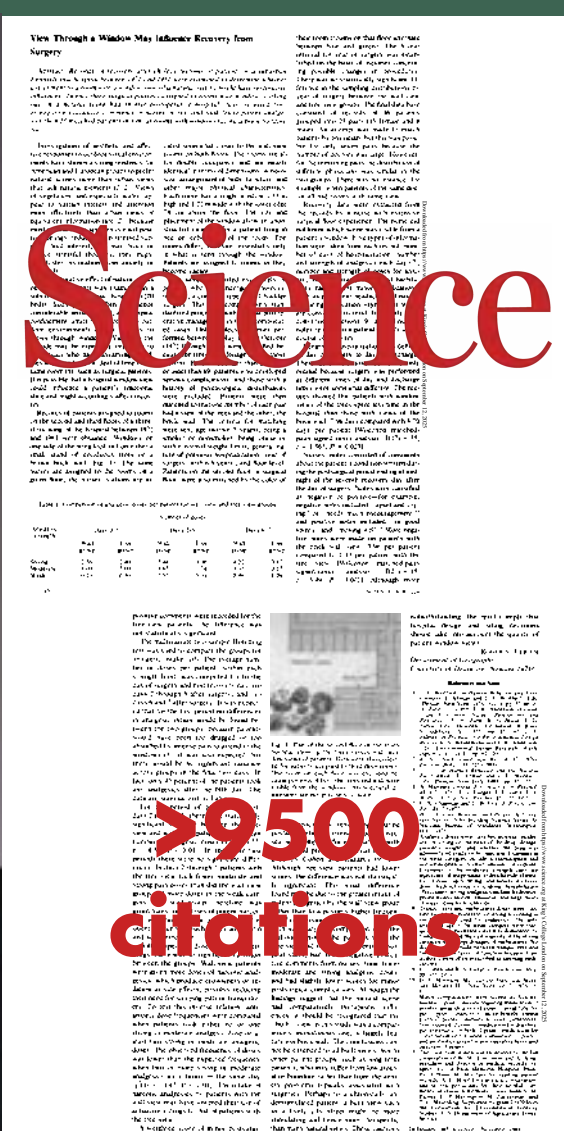


From naturesacred.org

By George Peters



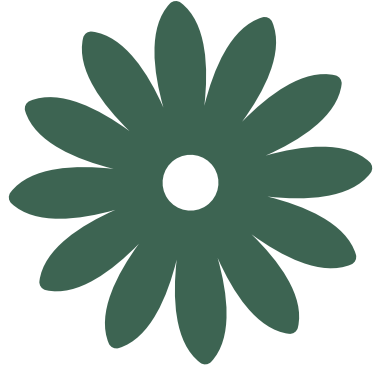
Nature As a Force for Good



HAPPIER

**GREATER
SENSE OF
PURPOSE**

HEALTHIER

N**TURE C****NNNECTION****ON**

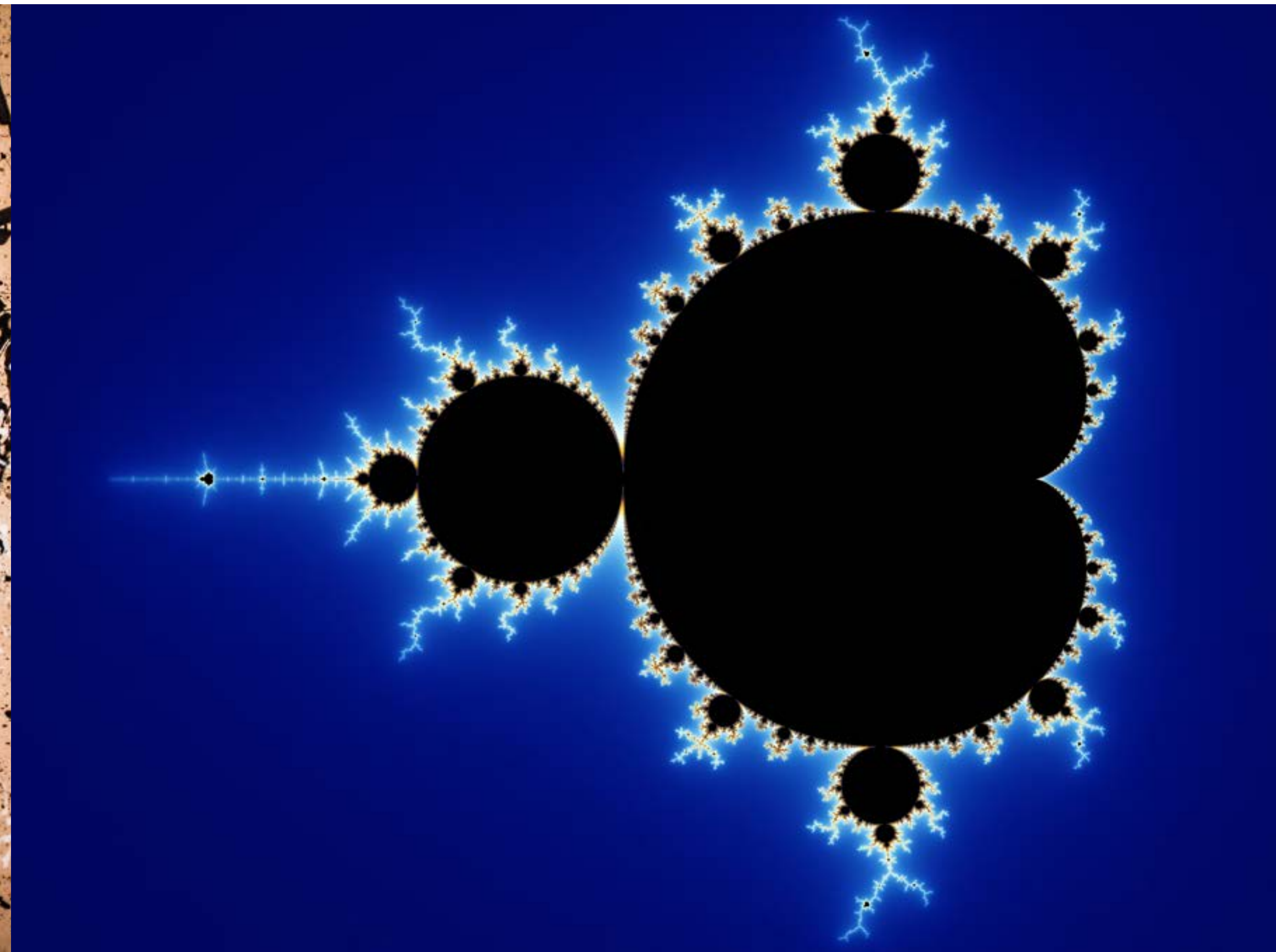
**VOLUNTEER
MORE**

**DONATE
MORE**

**SACRIFICE
MORE**



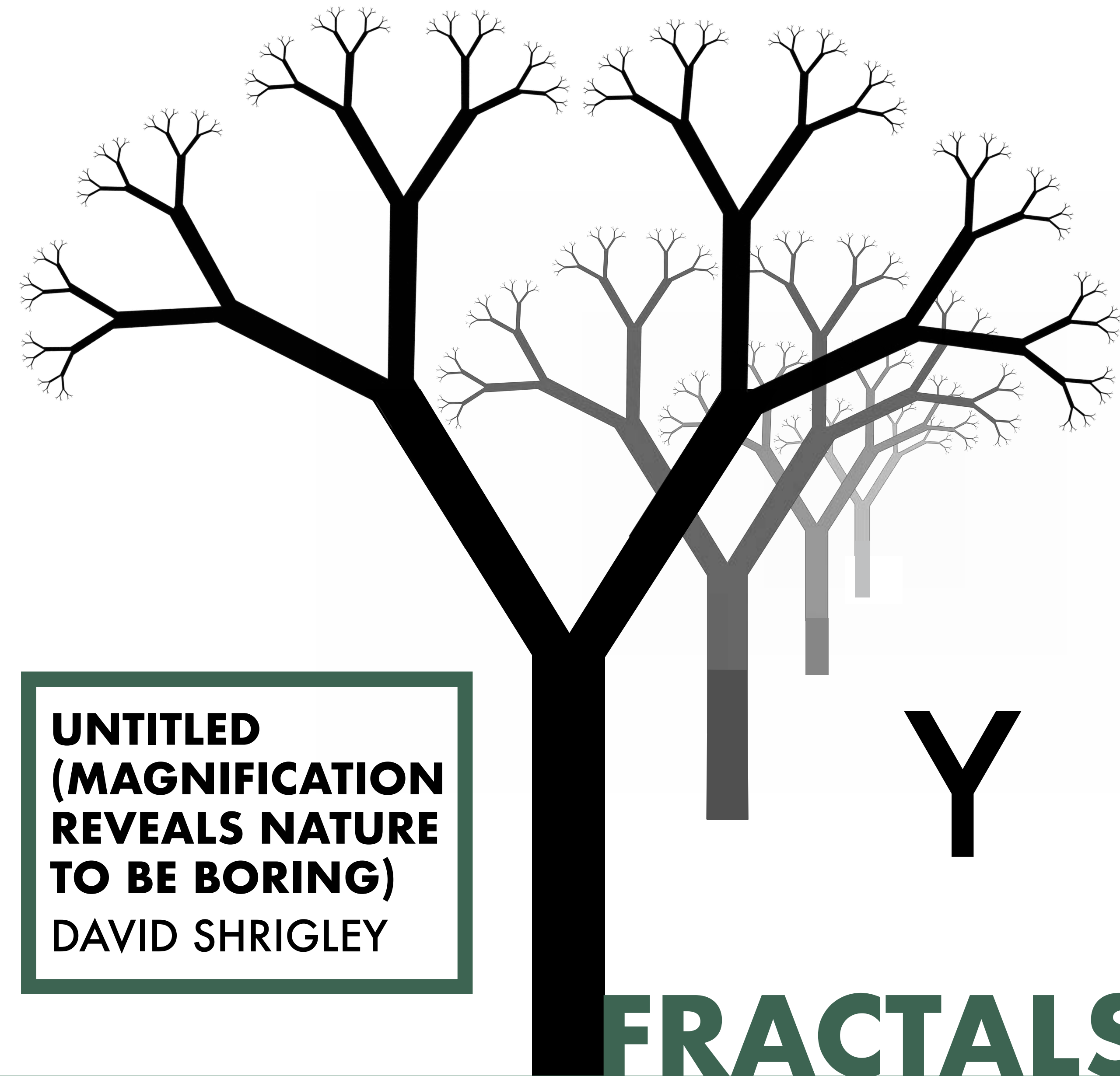
Jackson Pollock's *Autumn Rhythm (Number 30)*, photographed by Thomas Hawk, CC BY-NC 2.0



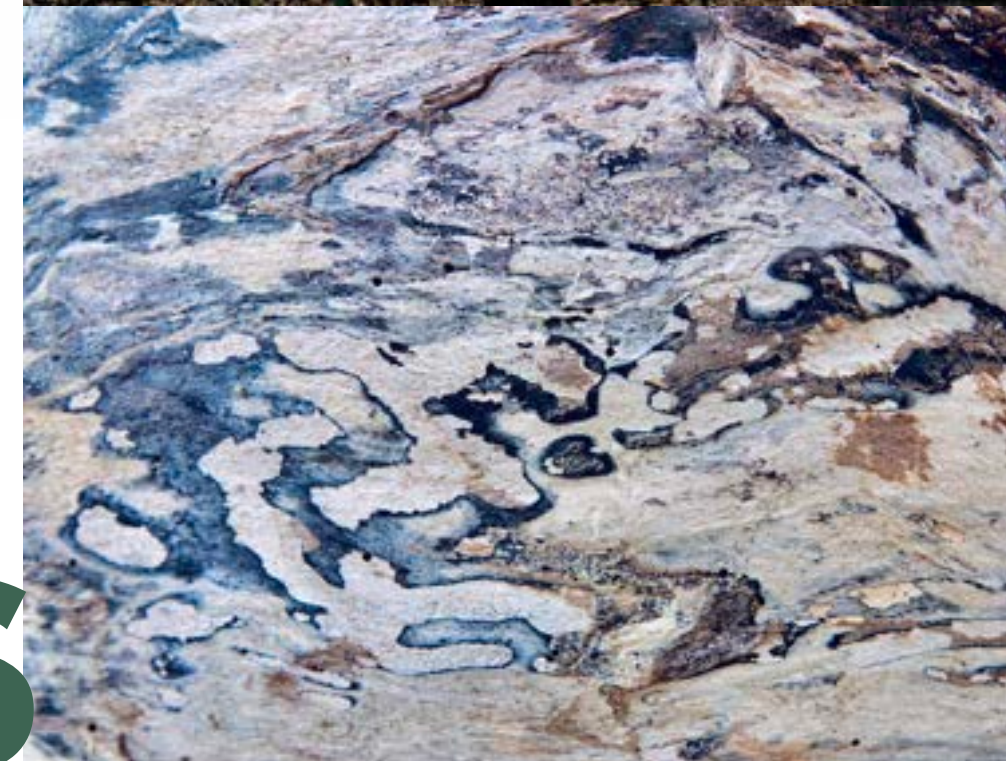
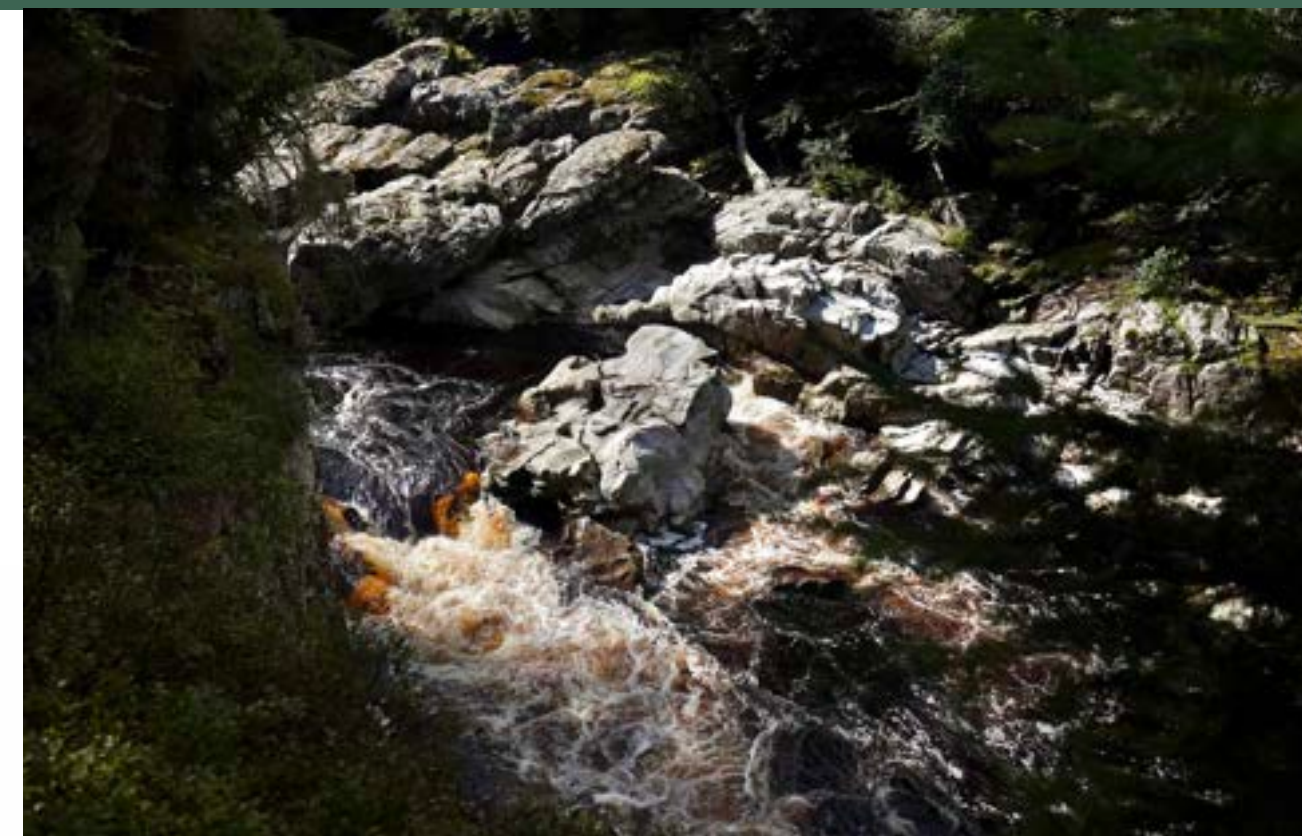
By Created by Wolfgang Beyer with the program Ultra Fractal 3. - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=321973>

PART II

Nature As a Force for Good



**UNTITLED
(MAGNIFICATION
REVEALS NATURE
TO BE BORING)
DAVID SHRIGLEY**



PART II

Nature As a Force for Good



~ α

β ~



STRESS
REDUCTION



ATTENTION RESTORATION

RESTFUL

ALERTNESS



STATE OF NATURE IN THE UK

1 IN 50 SPECIES EXTINCT

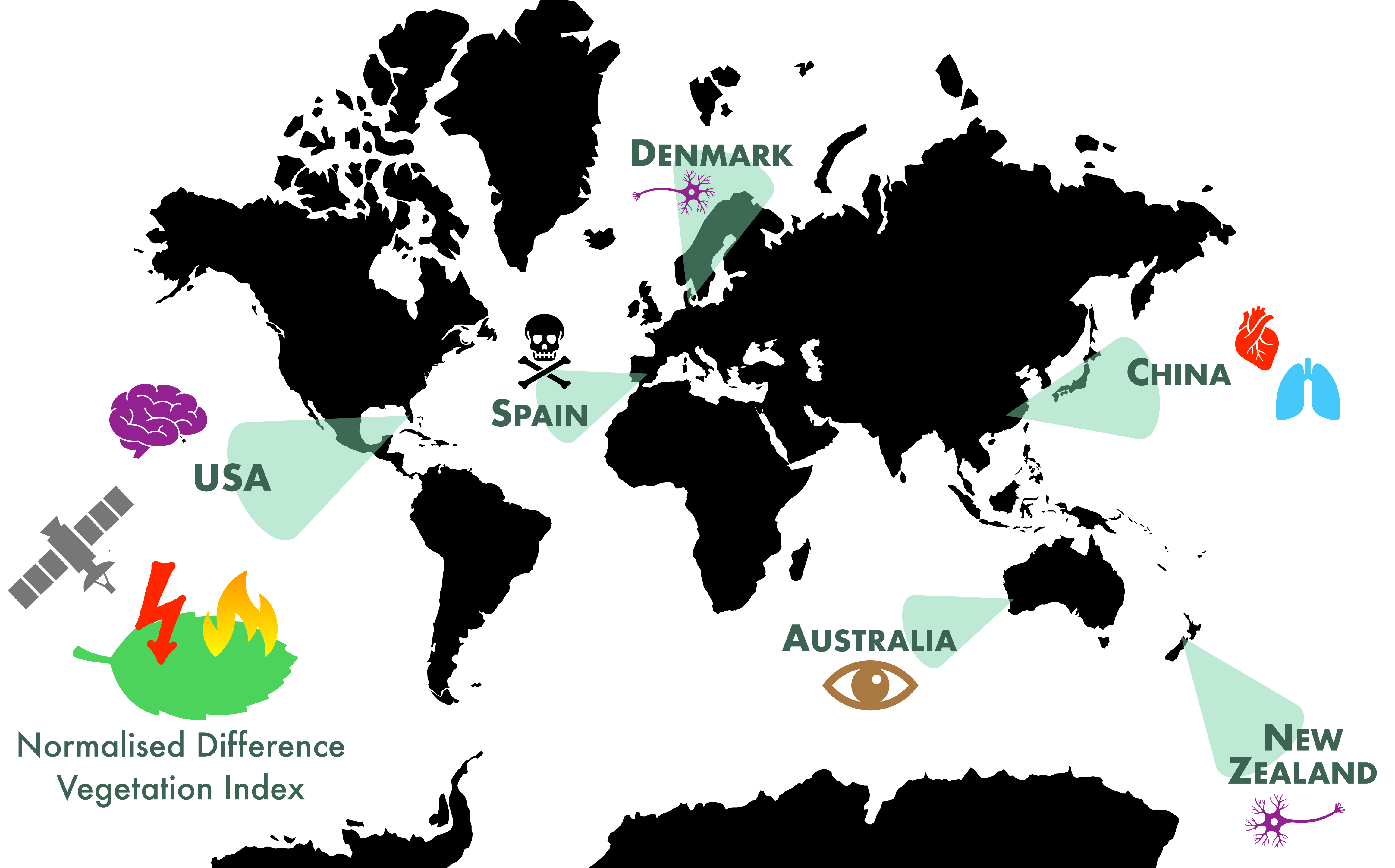
1 IN 6 SPECIES AT RISK

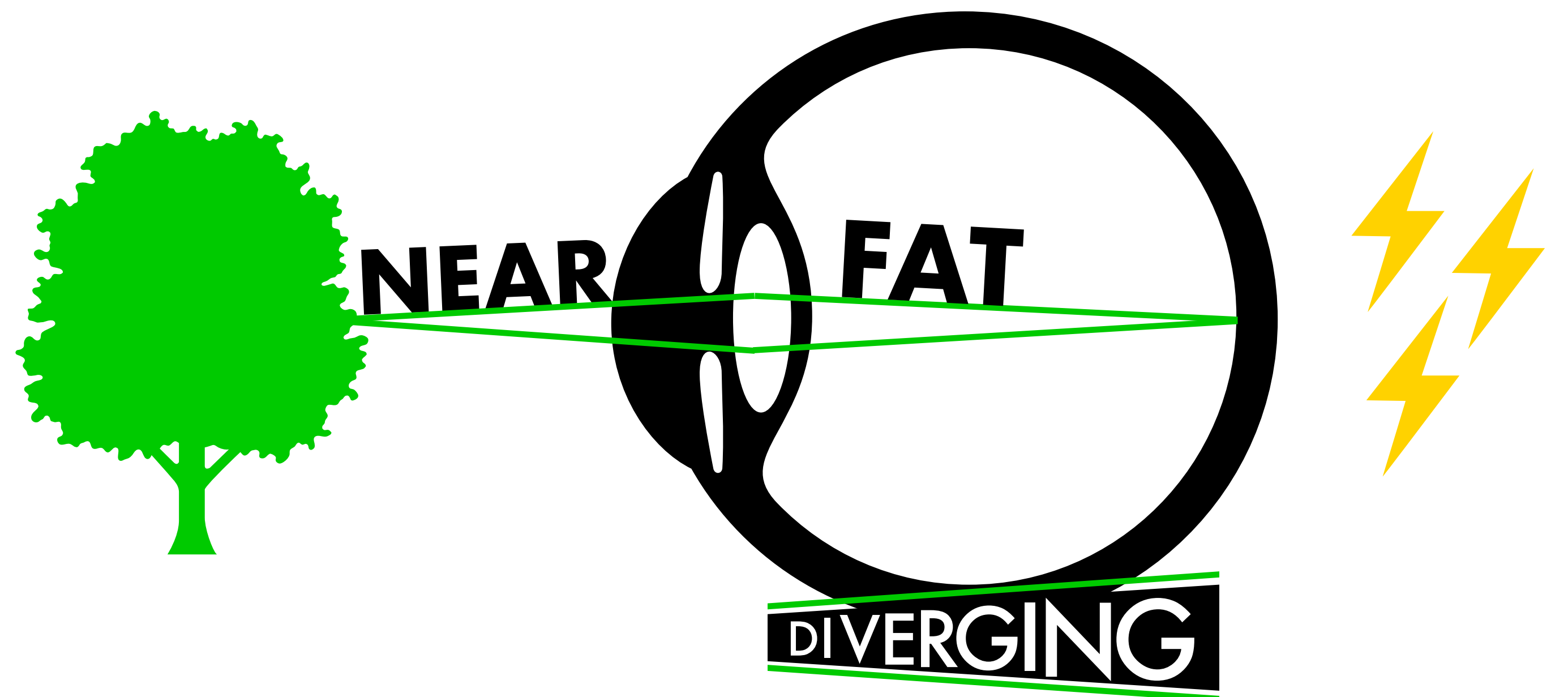
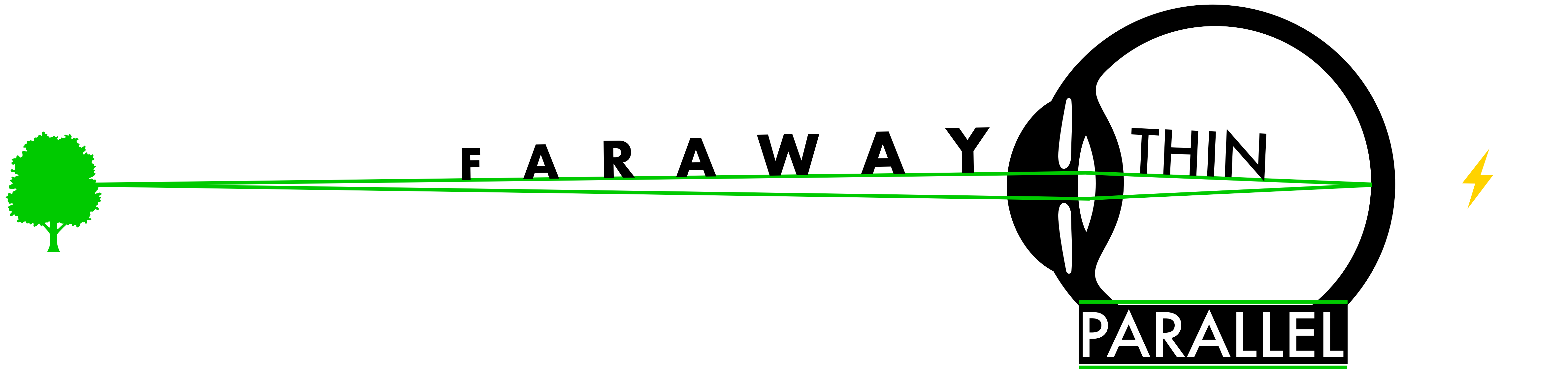
**BIODIVERSITY INTACTNESS INDEX
JUST 53%**

'Is our collective
disconnection from
Nature not a form of
ecological loneliness?'

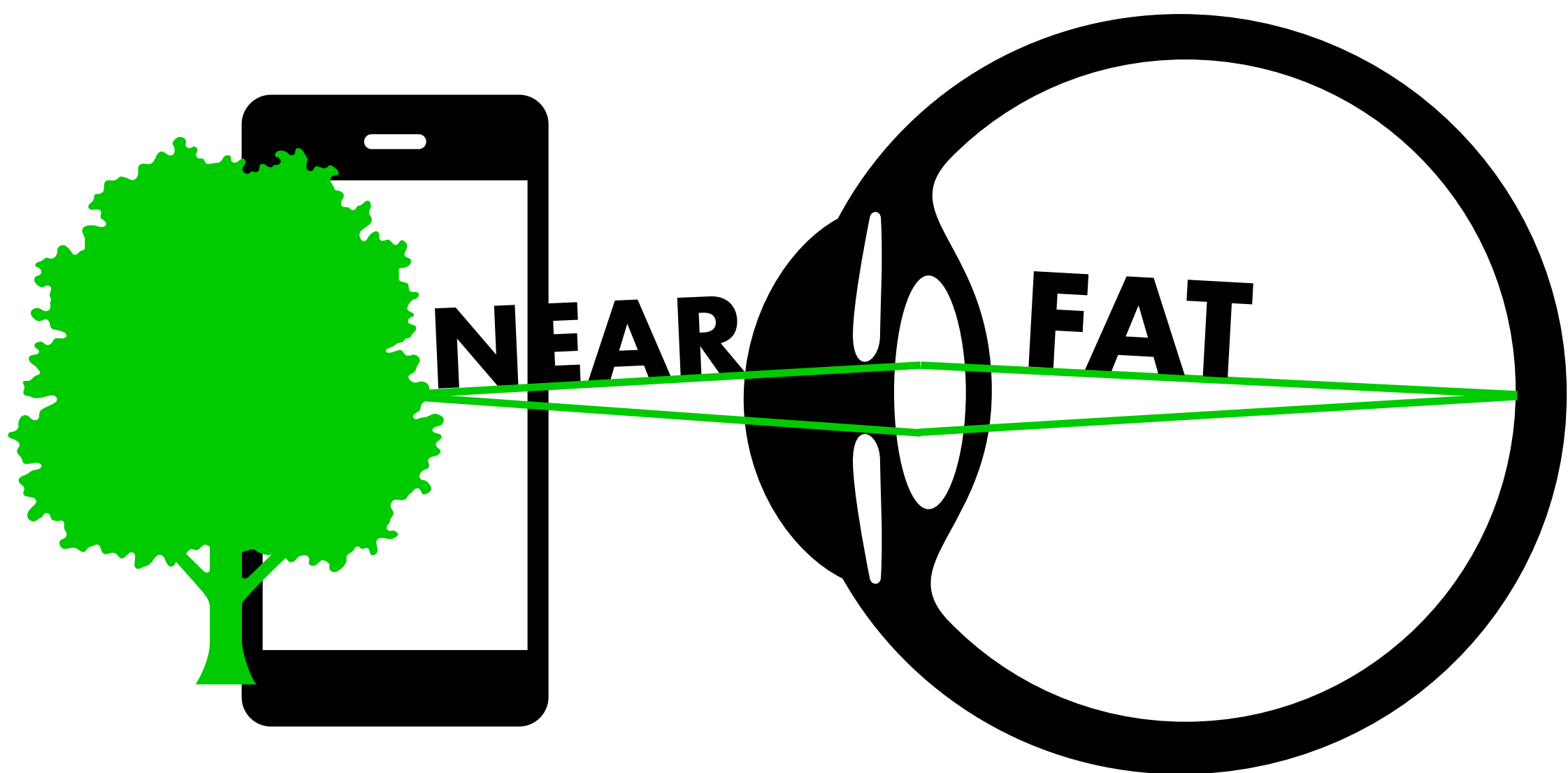
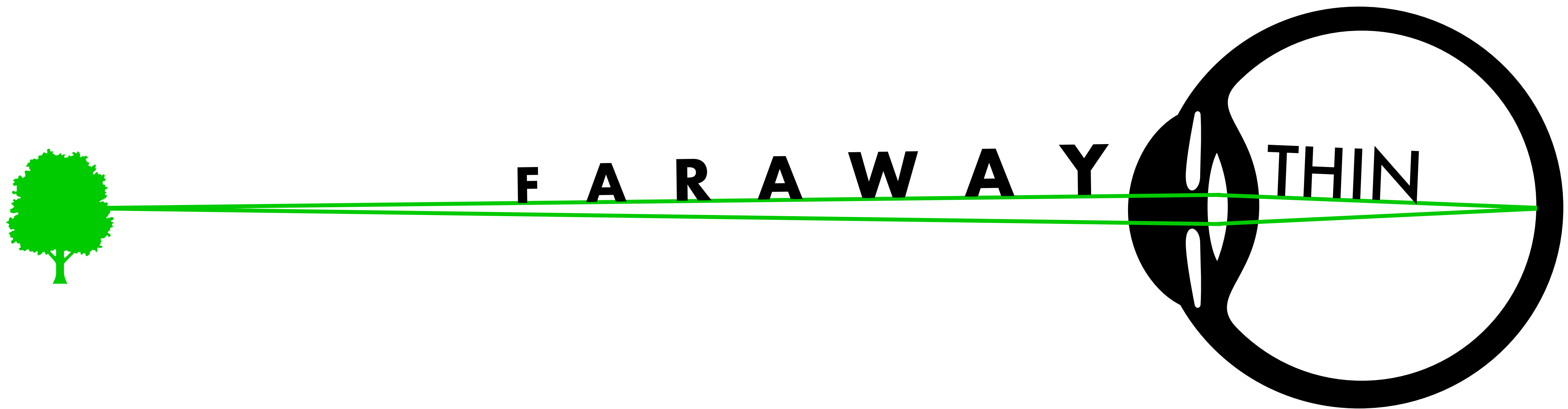
PART III

Nature- Deficit Disorder

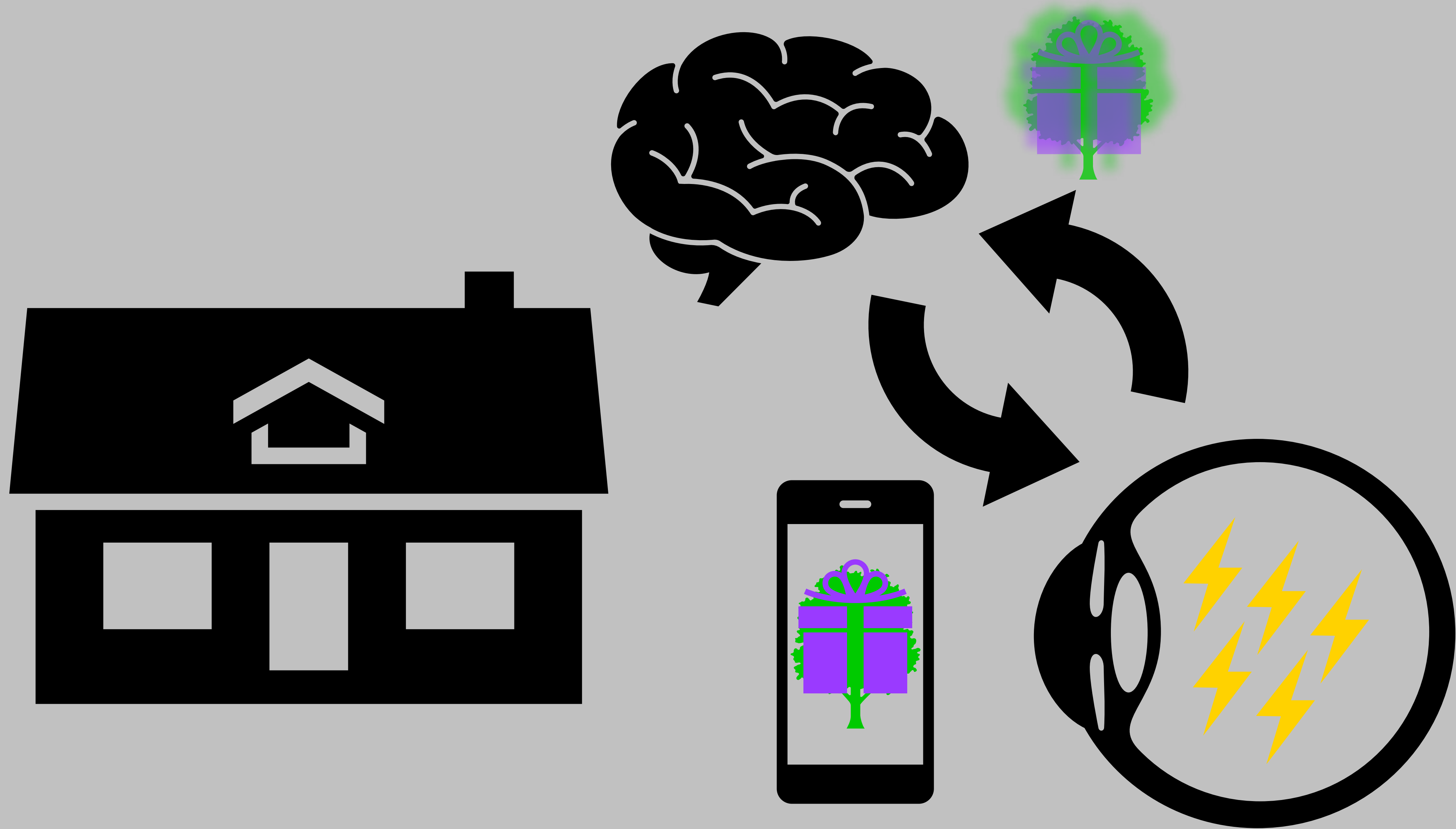




THE ACCOMMODATION REFLEX

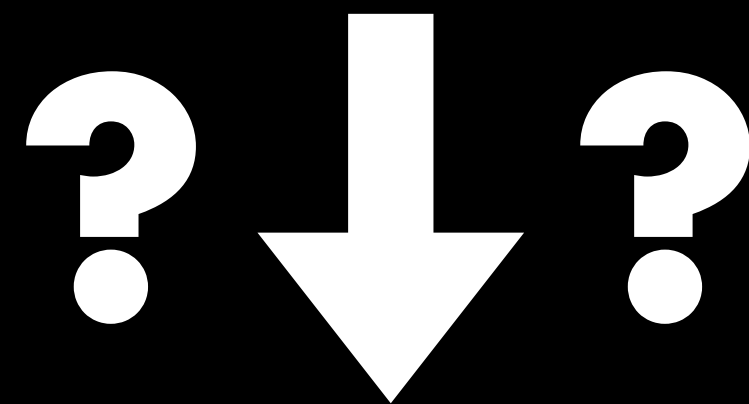


**THE
NEARSIGHTEDNESS PANDEMIC**



**THE
NEARSIGHTEDNESS PANDEMIC**

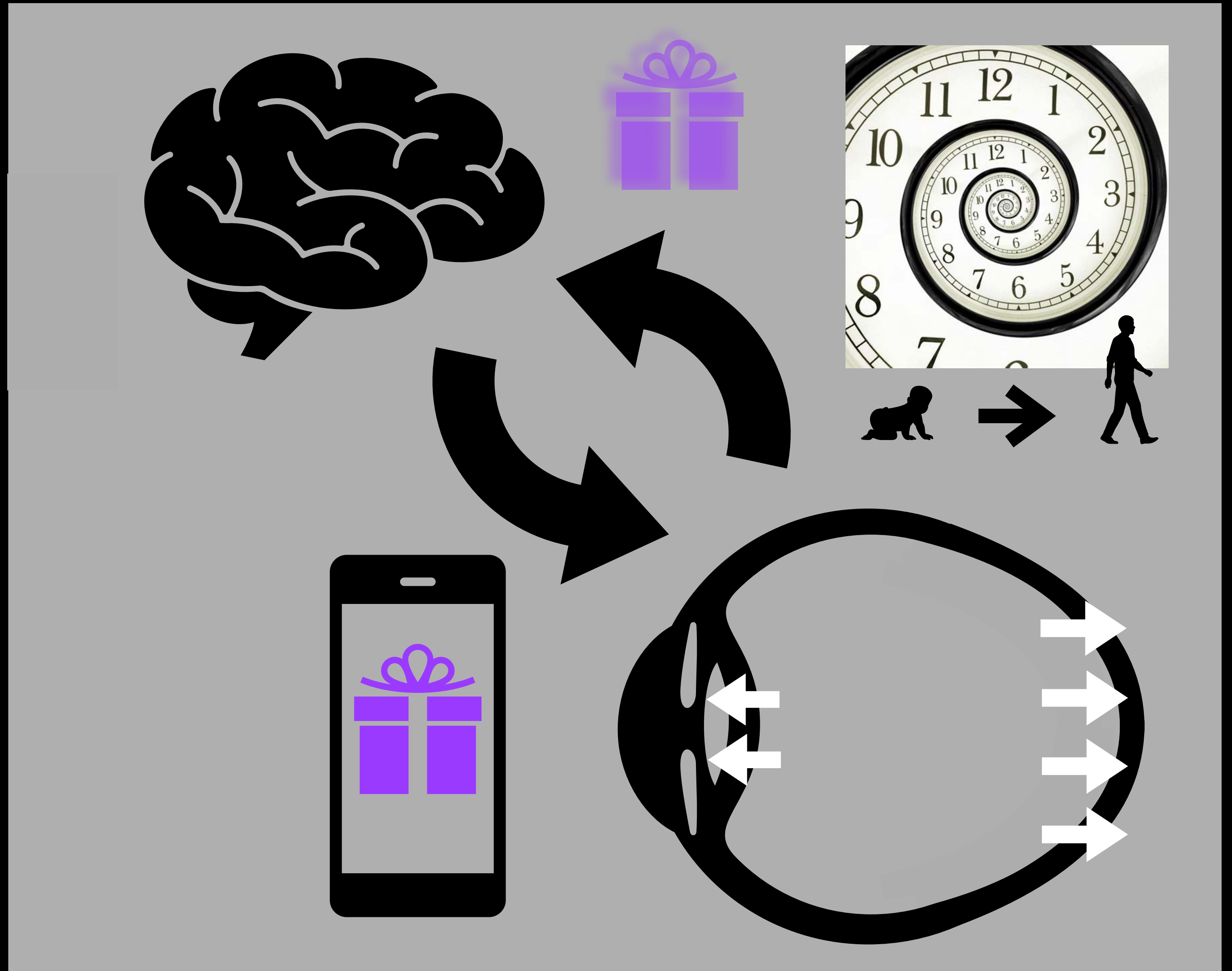
DIVERGING

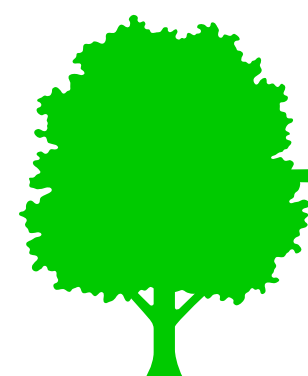


PARALLEL

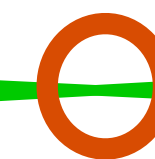


THE NEARSIGHTEDNESS PANDEMIC





F A R A W A Y T H I N



2010
28%

2050
50%

THE
NEARSIGHTEDNESS PANDEMIC



'Maybe the greatest challenges in life really are solved by walking.'

PART IV

Resetting Our Relationship with Nature



WILDFIRES



**MELTING
GLACIERS**



EXTINCTIONS

By Ed Hawkins - National Centre for Atmospheric Science, University of Reading CC BY

WARMING STRIPES

By Hydrosami - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=59258031>



DROUGHTS



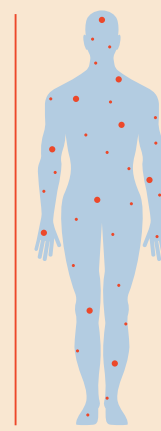
FLOODS



AIR POLLUTION

HEALTH HARMS OF FOSSIL FUEL FROM EXPLORATION TO CLOSURE

GLOBAL
CLIMATE & HEALTH
ALLIANCE



At every stage of their lifecycle, fossil fuels cause severe health harms, **many of which are long-lasting and bioaccumulative**



Extraction



Mining, drilling, fracking:

Releases dust, methane, VOCs, heavy metals, radioactive materials



Refining & Processing

Oil refineries, gas processing plants, coal washing:

Volatile Organic Compound benzene, toluene, PAHs, SO₂, NO₂



Transport & Storage



Pipelines, shipping, trucking, storage tanks:

Leaches of VOCs, methane, and co-pollutants



Combustion

Power plants, vehicles, industry, home heating:

PM_{2.5}, Black Carbon, Ozone, NO₂, SO₂, PAHs, CO



Waste & Post-combustion



Coal ash ponds, tailings, contaminated water:

Leaks arsenic, mercury, lead, chromium, cadmium, and other toxic residues



#Cradle2Grave

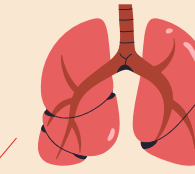
FOSSIL FUEL HARMS ON THE HUMAN BODY

GLOBAL
CLIMATE & HEALTH
ALLIANCE



Brain and Nervous System

Cognitive decline, Developmental delays, Lower IQ, Dementia, Parkinson's disease, Depression



Lungs and Airways

Asthma, COPD, Lung cancer, Reduced lung function, Chronic bronchitis



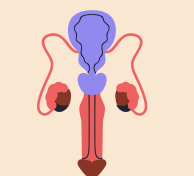
Liver and Kidneys

Kidney disease, Liver toxicity, Organ damage



Heart and Cardiovascular

Heart disease, Stroke, High blood pressure



Reproductive System

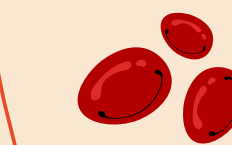
Male:

Reduced fertility, Hormonal disruption



Female:

Infertility, Miscarriage, Preterm birth, Birth defects



Blood / Bone Marrow

Leukemia, Lymphoma, other blood cancers

Immune System

Weakened immunity, Higher infection risk

Mental Health

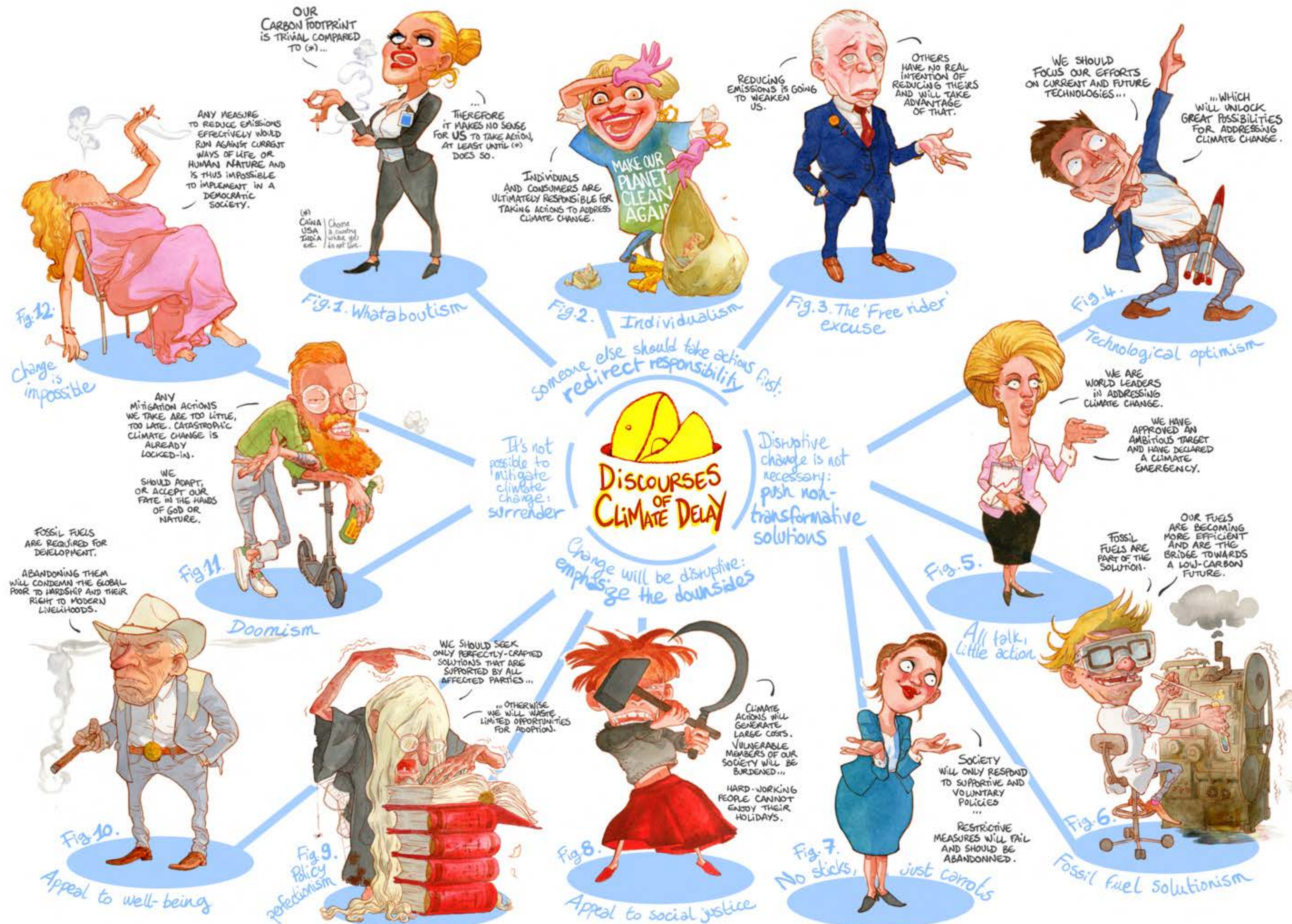
Anxiety, Depression, PTSD (disasters, displacement), Developmental impacts



#Cradle2Grave

**BIG
FIX**

Capstick, S., Creutzig, F., Culhane, T., et al., 2020. Discourses of climate delay. *Global Sustainability*, 3, e17.





Overviews From Lamb WF et al. (2020)

TECHNOLOGICAL OPTIMISM



Overviews From Lamb WF et al. (2020)

DOOMISM

INDIVIDUALISM



Overviews From Lamb WF et al. (2020)

APPEAL TO WELLBEING



Overviews From Lamb WF et al. (2020)



Mimosa Pudica





NEANDERTHALS



<https://www.vecteezy.com/free-videos/earth>

By AquilaGib - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=20237521>



PART IV

Resetting Our Relationship with Nature



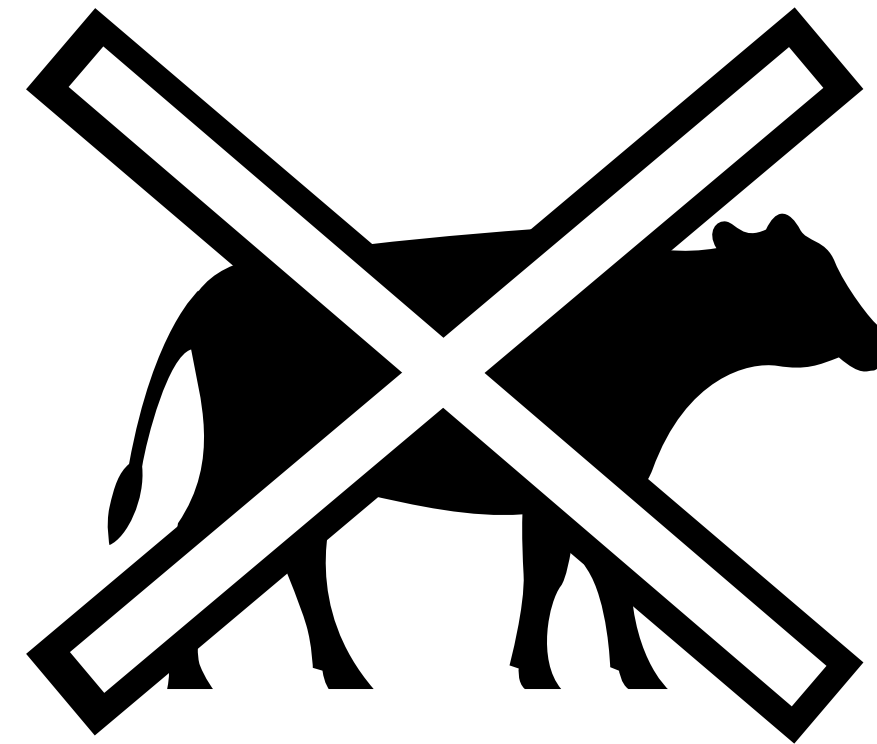
@sashafrost_art

www.sashafrost.com

SMALL FIXES



Switch
Switch Green

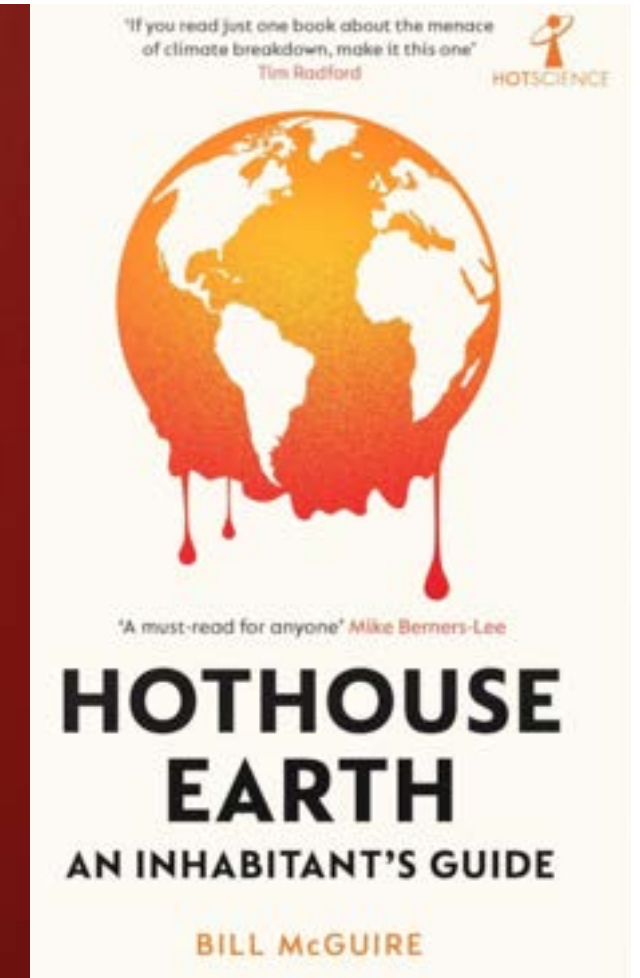


Egggreen



BILL MCGUIRE

Vote Green



KATHARINE HAYHOE

Talk Green



BBYgreen

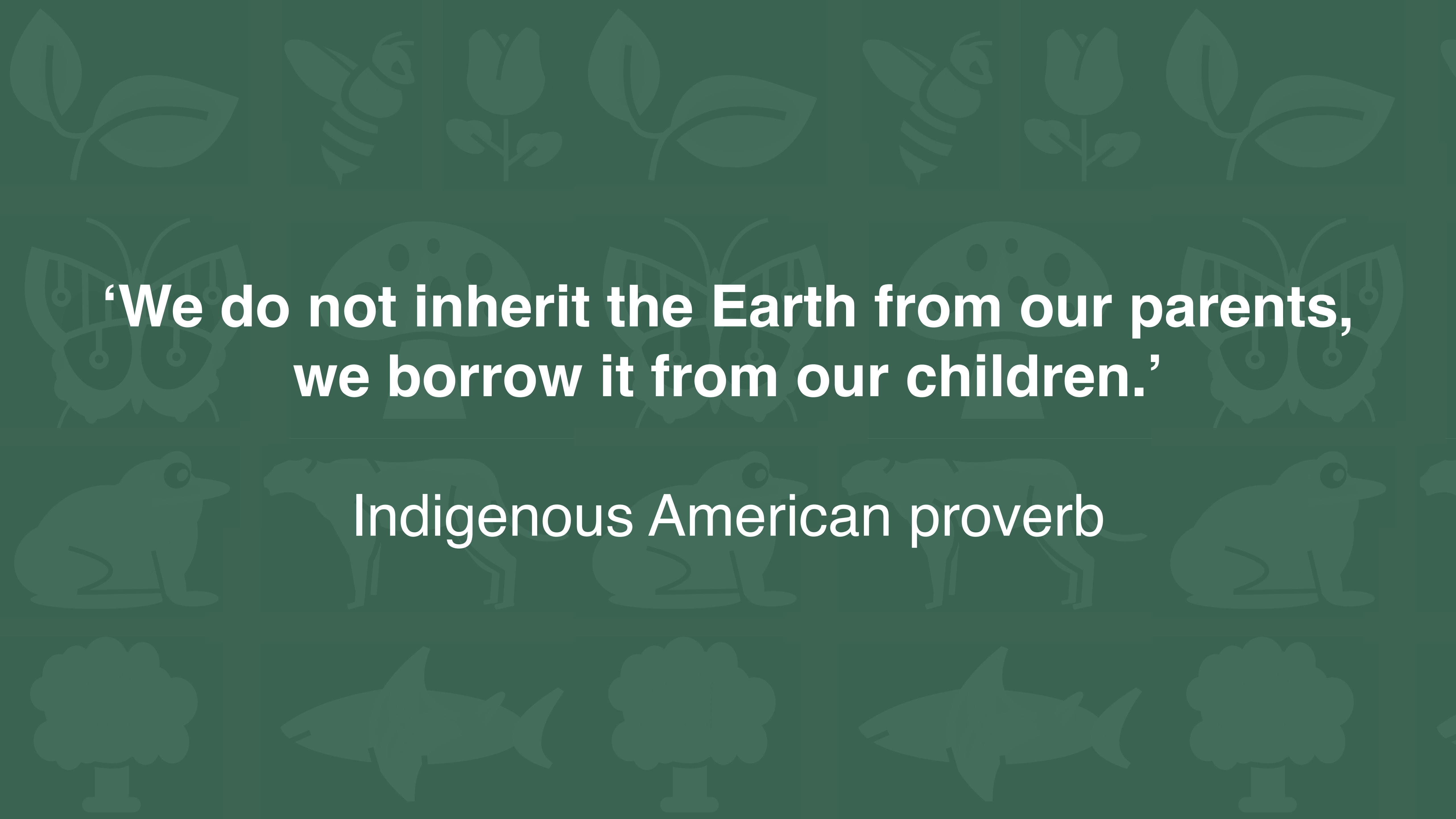


LITTLE
BY
LITTLE



RENATURALISE YOUR SENSES

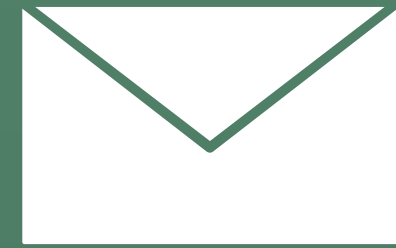




**‘We do not inherit the Earth from our parents,
we borrow it from our children.’**

Indigenous American proverb





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@wrenandbee.nature



@wrenandbee