

What significance does the forest have for human well-being and health?

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The problem

- Stressful environment, heart disease etc
- Climate risks, storms, fires, temp, logging etc
- Many do not naturally stay out in the forest
- An awareness of the importance of the forest is lacking



What do we know?

- The health-promoting effects of the forest are researched in urban environments and labs. The forest may for example: lower the blood pressure, lower the pulse, reduce anxiety and stress, raise the immune system
- The health-promoting effect and value of the forest in the natural environment is less researched

What is missing?

- The forest's influence on health and well-being from a qualitative perspective is less researched, especially from a caring science perspective.



What is caring science?

A human science. Started/initiated by nurses but is now interprofessional. Sees the human as a whole where body, soul and spirit form a unit. The human is unique and free but with a responsibility, exists in a context and is mutually dependent on others. All people have equal value. Explores human experiences and the significance of various phenomena for health and well-being.

So, can we with a kind of new perspective in the area reach deeper understanding and knowledge about the forests´ significance for human health and well-being?



**Values/concepts
important and grounded
in caring science**

- mutual dependence to others
 - activity/rest
 - a caring relation/approach
 - the culture



What do we wish to find knowledge about?

- What significance does the forest and a wooden environment have for the individual's health and well-being?
- What is the importance of activity in the forest for health and well-being?
- Can the forest be a learning and caring environment?
 - Does the knowledge have practical relevance?



What kind of value can a caring science perspective on the forests' significance for well-being and health give us?

The benefit

Raise the subject - the importance of the forest for human health and well-being

Raise awareness, understanding and knowledge and make practical (school, elderly care, care activities)





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