

FundWell

A Swift Summary of Wellbeing Stuff for Funders

March's edition of FundWell is curated by [SHM Foundation](#)

Hello Changers,

Welcome to this month's edition of our newsletter, where we delve into the indispensable role **nature** plays in enhancing the wellbeing of individuals, organisations, and society at large.

In an era dominated by technology, it is increasingly evident that our connection to the natural world has diminished, leading to a disconnection from our deepest roots as humans. The relentless pace of modern life, coupled with the ubiquity of screens, has created a chasm between us and the natural environment, which is fundamental to our existence and wellbeing.

Studies have shown that spending time in nature can not only reduce stress, enhance mood, and improve overall health, but also foster a sense of responsibility towards preserving our environment, encouraging actions that benefit the social good.

As we spend most of our time at work, it is crucial for organisations to start thinking more deeply about how they can promote a culture that values nature and facilitates meaningful engagement with it.

While technology may have a role to play, the solution cannot consist solely in virtual reality and the artificial reproduction of natural experiences – this would only deepen our estrangement. There is a need to find more creative solutions to reconnect ourselves with nature and promote real-world interactions with the natural environment.

By doing this, we can not only improve our wellbeing, but also foster a culture of care and respect for our planet, working towards a more sustainable and equitable world for future generations.

If this resonates with you and you want to know more about the impact of nature on wellbeing, and what can be done to embed environmental wellbeing at an organisational level, read on!

[SHM Foundation Team](#)



Credit: [Jara Lindsay](#)

Image description: Illustration Nature and Wellbeing

FundWell Essentials

- [Ecopsychology: How Immersion in Nature Benefits Your Health](#): The article explores the human need for nature and the benefits of nature exposure on individual and societal wellbeing.
- [The power of nature for employee wellbeing](#): A practical toolkit for organisation leader on how to embed environmental wellbeing within their organisations.
- [Nurtured by nature](#): Exploring how meaningful engagement with nature can lead to increased wellbeing and pro-social and pro-environmental behaviour.

Talking Points: pick one and start a conversation!

- How well do your current workplace policies and practices promote a culture of **environmental wellbeing**?
- How can your organisation more effectively integrate **natural elements** into your workspaces and daily routines to improve employee wellbeing?
- What are the **greatest challenges to embedding environmental wellbeing** practices within your organisation? What could be a creative way of overcoming those challenges?

Words on Wellbeing

"Nature is not a place to visit, it is home." – **Gary Snyder**

"Nature does not hurry, yet everything is accomplished." – **Lao Tzu**

"I go to nature to be soothed and healed, and to have my senses put together." –

John Burroughs

"In every walk with nature one receives far more than he seeks." – **John Muir**

Wellbeing in action

Take a look at this inspirational video from [Burans](#), a community-based mental health organisation based in Uttarakhand, India. Through our [Ember's Wellbeing Fund](#), they organised a [river rafting activity and nature retreat](#) in Rishikesh to support the wellbeing of their teams.

If you want to know more how Ember's Wellbeing Fund works, [read here](#).

How does your funding organisation define wellbeing? Does it support wellbeing for its stakeholders? [Reflect and share here, in the Funders + Wellbeing Survey](#).

[Subscribe](#)

[About The Wellbeing Project](#)