

1. Record Nr.	UNINA9910467544103321
Autore	Rakow Donald Andrew <1951->
Titolo	Nature Rx : improving college-student mental health // Donald A. Rakow and Gregory T. Eells
Pubbl/distr/stampa	Ithaca ; ; London : , : Cornell University Press , , [2019] ©2019
ISBN	1-5017-1529-1 1-5017-1530-5
Descrizione fisica	1 online resource (108 pages)
Collana	Cornell scholarship online
Disciplina	616.8900835
Soggetti	College students - Mental health - United States Nature - Psychological aspects Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Previously issued in print: 2019.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Front matter -- Contents -- Acknowledgments -- Introduction -- 1. The Mental Health Crisis on US Campuses -- 2. The Proven Benefits of Spending Time in Nature -- 3. Developing a Nature Rx Program on a College Campus -- 4. Nature Rx Programs on Four University Campuses -- 5. The Role of Nature Rx Programs in the Future of Higher Education -- Appendix A: UC Davis Arboretum and Public Garden Nature Rx Course Syllabus -- Appendix B: Cornell Nature Rx Club: Spring Activities -- Notes -- Bibliography -- Index
Sommario/riassunto	The Nature Rx movement is changing campus life. Offering alternative ways to deal with the stress that students are under, these programs are redefining how to provide students with the best possible environment in which to be healthy, productive members of the academic community. In Nature Rx, Donald A. Rakow and Gregory T. Eells summarize the value of nature prescription programs designed to encourage college students to spend time in nature and to develop a greater appreciation for the natural world. Because these programs are relatively new, there are many lessons for practitioners to learn; but clinical studies demonstrate that students who regularly spend time in nature have reduced stress and anxiety levels and improved mood and

outlook. In addition to the latest research, the authors present a step-by-step formula for constructing, sustaining, and evaluating Nature Rx programs, and they profile four such programs at American colleges. The practical guidance in Nature Rx alongside the authors' vigorous argument for the benefits of these programs for both students and institutions places Rakow and Eells at the forefront of this burgeoning movement.
