

WOODLAND RESILIENCE IMMERSION for GP's

Nature-based ways to resource yourself and your practice

Hazel Hill Wood, near Salisbury: June 10-11, 2019

The impact on GP's of prolonged overload, and the stress of facing ever-rising demands with shrinking resources, needs creative responses. This Woodland Resilience Immersion offers a different way to gain new insights and skills, to raise your resilience and nourish your wellbeing.

These programmes have been jointly developed by Hazel Hill Trust and Westminster Centre for Resilience. Following two very successful pilot programmes with hospital doctors, they are now offering a pilot group tailored to GP's.



In 2018, Westminster Centre for Resilience recognised that a more immersive, catalytic process than the typical half or one-day session in an urban training room was what many health professionals needed.

Hazel Hill Wood have several years' experience of delivering nature-based resilience programmes for a range of front-line services. These Immersions offer a unique combination of both teams' expertise. The format for the June programme is a one-night, 28-hour residential, including the following elements:

- Conservation work and physical activities together to de-stress, relax into the woods and shift gear.
- An evening campfire circle for sharing, mutual support and insights on work stresses
- Learning about resilience from the woodland ecosystem, and practical tools for our own wellbeing and our teams.
- Practicing simple techniques based on applied neurobiology, mindfulness and traditional sources which can be used in everyday work.
- Processes and time to consider better approaches for tackling work challenges and systemic pressures.

CREDENTIALS

Whilst the idea of Nature immersion for medics may seem novel, there is good [research evidence](#) for it. For example, the book *Your Brain on Nature*, written by two doctors at Harvard Medical School, sets out extensive research support for the specific benefits of Nature contact in offsetting high levels of stress, Directed Attention Fatigue, information overload, and excessive 'screen time'.

The pilot programmes at Hazel Hill have been formally evaluated on several measures by Westminster Centre for Resilience, and showed statistically significant impacts. A summary of their evaluation is available.

