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**Beyond Restoration: Considering Emotion Regulation in Natural Well-being**

Miles Richardson

Human Sciences Research Centre, University of Derby, Derby, UK.

CORRESPONDENCE: [m.richardson@derby.ac.uk](mailto:m.richardson@derby.ac.uk)

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Abstract

Our relationship with the rest of the natural world can help emotional regulation, yet the role of nature in the regulation of emotions is often overlooked. As the health benefits provided by nature are increasingly recognised there is a need for accessible models that can explain and promote those well-being benefits. To complement existing theories based on restoration and to improve understanding of nature's role in emotional regulation, this article provides an account of the well-being benefits of nature based on affect regulation. The article considers the relationships between emotional regulation, well-being and nature through an accessible model of affect regulation that explains research reporting physiological responses to nature. The model, and underpinning research, highlight the interconnectedness between people and the rest of nature, fitting a wider narrative about the human role in our ecosystem. Applied implications of this perspective are presented.

*Keywords:* affect regulation; emotion; nature connectedness; nature; well-being

1           The role of nature in the regulation of emotions is often overlooked (Korpela et al. 2018).  
2 This is despite some recognition that our relationship with the rest of the natural world plays a role in  
3 the process of emotional regulation (Jordan, 2009; Johnsen et al. 2013). Given global issues in  
4 mental well-being (Frankish, Boyce & Horton, 2018; Chandra & Chand, 2018) and increasing  
5 acceptance of the benefits of nature, policies on connecting people with nature for well-being are  
6 emerging, for example in the United Kingdom's 25 Year Environment Plan (25YEP; H.M.  
7 Government, 2018). To inform such work there is a need to understand the mechanisms for the well-  
8 being benefits. Such knowledge allows various stakeholders to understand and promote the well-  
9 being benefits of nature, and a close connection to it, and develop effective interventions such as  
10 green and social prescriptions. More widely, in the context of the crisis in biodiversity (Ceballos et al  
11 2017), it is important to provide narratives that show that nature matters for human well-being. To  
12 complement restorative theories and to aid the understanding and dissemination of nature's role in  
13 the successful affect regulation required for well-being, this article provides an account of the health  
14 benefits humans derive from the natural world based on maintaining well-being through emotional  
15 regulation and balance (WERB).

16           In addition to the health benefits provided by exposure to nature (See Maller et al. 2006;  
17 Russell et al. 2013 for reviews), the well-being benefits of nature connectedness, a close relationship  
18 with nature, are increasingly documented (Capaldi et al. 2014; Richardson et al. 2017). The  
19 dominant models that are often presented as explaining the well-being benefits of exposure to nature  
20 are based upon psychological restoration (Hartig et al. 2010). Attention Restoration Theory (ART;  
21 Kaplan, 1995) and Stress Recovery Theory (SRT; Ulrich et al. 1991) provide important accounts of  
22 why nature provides restoration for those who are experiencing stress or fatigue. However, early  
23 indications suggest that ART and SRT do not explain the benefits of nature connectedness (Capaldi  
24 et al. 2017; Gidlow et al. 2016). There is also research that has questioned ART with a review by  
25 Ohly et al. (2016) finding that several studies did not support ART. Joye & Berg (2011) also argue

1 against the psycho-evolutionary basis of SRT and suggest an account based on restoration through  
2 processing fluency. Further, it has also been noted that nature has beneficial effects when resources  
3 have not been depleted (Beute and Kort, 2014), with Johnsen et al. (2013) finding that people seek  
4 out nature for emotional regulation when happy and sad. However, emotion and affect regulation  
5 within the natural environment is often overlooked (Korpela et al. 2018), for example recent  
6 guidance on the pathways linking greenspace to health by Markevych et al. (2017) does not include  
7 emotion regulation.

8 In sum, the role of nature in emotion regulation is often overlooked despite evidence that  
9 people seek out nature for the regulation of emotions and evidence that restoration-based accounts do  
10 not explain all the well-being benefits derived from nature. This, together with the evidence  
11 presented below on the link between affect regulation and well-being provides a sound basis for an  
12 additional account of the well-being benefits of nature through emotional regulation and balance.

### 13 *The Relationship between Emotional Regulation and Well-being*

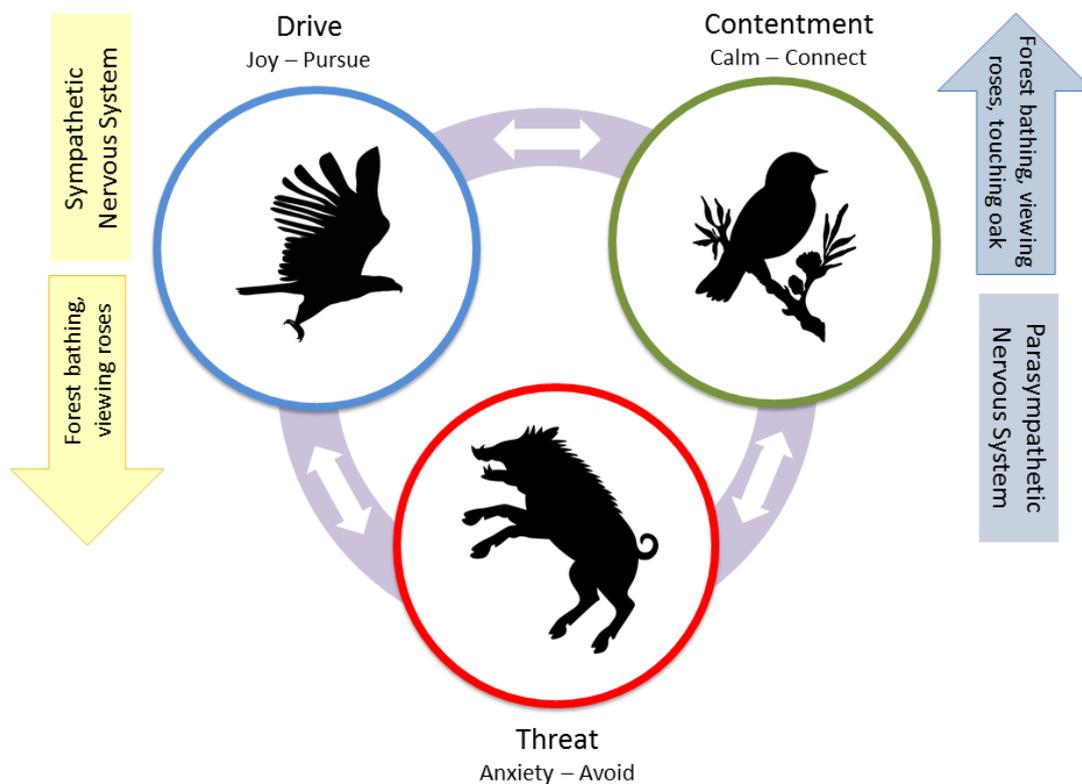
14 A body of research shows that successful emotional regulation is linked to health and well-  
15 being (e.g. Gross, 2013). In a review of emotion regulation, Gross (2013) presents the links between  
16 emotion regulation and decreased risk of coronary heart disease (Kubzansky et al. 2011). Similarly,  
17 DeSteno et al. (2013) present a number of pathways linking emotions and health, noting how  
18 emotions, and their regulation, are fundamental features of human function, rather than by-products  
19 of illness. As a fundamental human function, emotions alter the body's physiology (e.g. cardiac  
20 function, blood pressure, immune response), providing the potential to impact on health and well-  
21 being. DeSteno et al. present links between emotion regulation and a range of health outcomes  
22 including obesity, inflammation, and illness frequency, with negative emotions influencing the  
23 development of disease. Further, in certain circumstances, short-term adaptive physiological  
24 responses can lead to maladaptive outcomes in the long-term if emotions are not regulated correctly  
25 (Sapolsky, 2007). Beyond these direct effects, there are also many indirect effects of affect on health

1 as emotions impact the body in a manner that cognition cannot. For example, emotions provide the  
2 impetus for action and motivation (Gilbert, 2014) required for healthier behaviours.

3         The three-circle model of emotion regulation (Figure 1) was developed by Gilbert (2005;  
4 2014) to support a new mental health therapy. As a model, the three-circle model is a simplification  
5 of the complex physiological process of affect regulation. It is used successfully in non-clinical  
6 settings, for example children in schools, to explain how the regulation of emotions are related to  
7 well-being. Given the context of wellbeing and the wider natural world, Figure 1 has been adapted  
8 with elements of nature used to represent both the three types of emotion (see drive, contentment and  
9 threat below) and the emotions nature may evoke. This is intended to provide an accessible model  
10 that helps explains how exposure to and a connection with the wider natural world affects our  
11 emotional regulation and mood. The circle of arrows represents the interplay between the emotions  
12 described by the accounts below. The arrows to the side summarise how the model can explain the  
13 positive physiological responses found from exposure to nature (Richardson et al. 2016; Chirico et  
14 al. 2017; Song et al, 2017). Namely, measured responses to forest bathing, awe inspiring natural  
15 beauty, and viewing beautiful roses. These results will be explained further, once the research  
16 underpinning the three-circle model has been introduced.

17         The model represents our affect regulation system in three dimensions based on affiliative  
18 and positive emotions (Depue and Morrone-Strupinsky (2005), threat system research by LeDoux  
19 (1998) and Panksepp (1998), and parasympathetic and sympathetic nervous system balance (Porges  
20 1995). The three-circle model explains the experiences of drive, contentment, and threat. Drive  
21 (sympathetic activating) is required to seek out rewards and relates to positive feelings such as joy.  
22 The eagle is used to represent both drive and the joy one may feel on seeing an eagle. Contentment is  
23 affect-regulating and has an affiliative focus (parasympathetic activating), bringing positive soothing  
24 and regulating emotions such as calm which tone-down sympathetic activity. The bird at rest is used  
25 to represent both contentment and the calm one may feel when pausing to view a bird at rest. Threat

1 (rapid sympathetic activation) relates to our self-protection system and feelings such as anxiety. The  
2 wild boar is used to represent both threat and also the anxiety some may feel at an unexpected  
3 encounter with a wild boar.



4  
5 It is important to remember that the interplay between these systems, represented by the  
6 circle of arrows in figure 1, is complex, producing blended patterns of positive affect, rather than one  
7 system increasing as another decreases. The long-standing account of two phases of positive states,  
8 appetitive activity 'doing' and consummatory response 'being' (Tinbergen, 1951), describes the  
9 balance between drive and contentment. Upon achieving a goal, drive systems need to be deactivated  
10 to balance energy expenditure and provide positive affect in the form of contentment. The drive  
11 system which brings feelings of excitement (Gilbert et al., 2008) is distinct from the contentment  
12 system which is seen as affect-regulating (Depue & Morrone-Strupinsky, 2005). Based on the work  
13 of Depue and Morrone-Strupinsky (2005), and mirroring the wakeful relaxation and positive  
14 emotional typology of Ulrich (1983), the model depicted in figure 1 suggests two broad types of  
15 positive affect - positive joy or the relaxed calm of contentment (Gilbert, 2014). During our states of

1 being and doing, we can encounter threats which result in rapid spikes of sympathetic nervous  
2 system activation as our bodies are readied for immediate action. As represented by the circular  
3 arrows in figure 1, the calming and soothing emotions of contentment tone down the threat and drive  
4 systems, bringing balance.

5         It is the *balance* between systems that produces different mood states and physiological  
6 responses. The physiology of the sympathetic and parasympathetic system and two branches of the  
7 vagal nerve are fundamental to affiliative behaviours and attachment that bring emotion-regulation  
8 (Porges, 2007). The balance between these systems is successful affect regulation, which as we've  
9 seen above is beneficial to health and well-being. Hence the three-circle model provides a narrative  
10 that the well-being benefits of nature go beyond restoration to wellness through emotional balance.  
11 The affect-regulation system controls our heart-rate, muscles, and the way our brain functions in  
12 order to achieve the balance required for well-being (Kappas, 2011). Therefore, one way of  
13 investigating the balance between parasympathetic and sympathetic systems, or between  
14 contentment, drive and, threat in the three-circle model, is by measuring heart rate variability (HRV).  
15 HRV is an established method for exploring changes in inhibitory parasympathetic activity and  
16 excitatory sympathetic activity that controls the heart. Within the context of affect regulation and  
17 well-being through nature, there is a body of HRV research into forest bathing analysed by  
18 Richardson et al. (2016). In a review and meta-analysis of 16 nature exposure studies that took HRV  
19 measures 14 indicated greater parasympathetic activity (contentment) and lower sympathetic activity  
20 (drive) in the nature exposure conditions. Thus supporting the three-circle model. Similar HRV  
21 results have been found by studies into the physiological response to awe inspiring natural scenes  
22 (Chirico et al. 2017), viewing beautiful roses (Song et al, 2017) and simply touching wood (Ikei et al.  
23 2017). These results show how interaction with the natural world can lead to greater parasympathetic  
24 activity (contentment) and lower sympathetic activity (drive) and thus play a role in affect regulation  
25 that is often overlooked (Korpela et al., 2018). However, participant responses varied, providing

1 insight into the role of threat. Kobayashi et al. (2015) noted that 80% of people showed an increase  
2 in the parasympathetic activity, and 64% showed decreases in the sympathetic activity when forest  
3 bathing. Those remaining showed opposite responses. Kobayashi et al. (2015) note that some people  
4 report a strong dislike for natural environments, including specific phobias such as arachnophobia,  
5 which is known to impact on heart rate. Therefore, it is possible that some people asked to sit in the  
6 forest displayed a threat response that was then observed in the HRV measure.

7 *The Relationship between Emotional Regulation and our Connection with Nature*

8 Drawing on research in environmental psychology (see Korpela et al. 2018 for a recent  
9 review) people use natural environments to help maintain positive mood states and shift away from  
10 negative states. Jordan (2009) claimed that facets of our relationship to the natural world are central  
11 to the process of emotional regulation. There are further indications of a relationship between  
12 emotional regulation and connectedness to nature. Firstly, a facet of nature connectedness is based  
13 on our affective relationship with nature, where an individual has a close, emotional relationship  
14 with the rest of the natural world (Mayer & Frantz, 2004; Perrin & Benassi, 2009). Secondly, Fonagy  
15 (2018) explains how affect regulation plays a fundamental role in the sense of self; a second key  
16 facet of our connectedness with the wider natural world is the extent to which nature is included in  
17 our representation of self (Shultz, 2002). Third, exploratory research shows that the ease of  
18 emotional regulation mediates the relationship between nature connectedness and well-being  
19 (Richardson & McEwan, 2018). Given the lack of research into the relationship between emotional  
20 regulation and nature connectedness a broader perspective, beyond specific nature connectedness  
21 research, can also be considered. An emotion-based account of the well-being benefits of nature is  
22 supported by Johnsen and Rydstedt (2013) who found emotional benefits in those using nature for  
23 emotional regulation, with people seeking out natural environments offering potential for emotion  
24 regulation. Further, Kühn et al. (2017) report how people living close to woodland have higher  
25 structural integrity of the amygdala. The amygdala plays a key role in regulating emotional responses

1 and the processing of emotional information (LeDoux 1998; Phelps 2004). Finally, research showing  
2 the physiological response to awe inspiring natural scenes (Chirico et al. 2017), viewing beautiful  
3 roses (Song et al, 2017) and simply touching wood (Ikei et al. 2017) suggests a deep connectedness  
4 between people and nature.

5 Such a connectedness between people and the natural environment is in contrast to the Cartesian  
6 tradition of the object being seen as separate from the subject, but fits a phenomenological  
7 perspective (e.g. Merleau-Ponty and Lefort 1968) that has come to the fore, for example in recent  
8 theories of embodied cognition (Clark 1997; Clark and Chalmers 1998; Gallagher 2005; Lakoff and  
9 Johnson 1999; Thompson 2010). Further, Stevens (2010) presents an ecopsychological view of our  
10 embeddedness within the environment based on evidence of ever changing and continual two-way  
11 physical connections; electromagnetic, chemical and mechanical interactions that provide all we can  
12 know of the world. With the addition of research into restorative natural environments and the  
13 practices of ecotherapy, Stevens offers an alternative view of well-being, where the emphasis is  
14 shifted away from the individual and their illness and considers instead a more dynamic relationship  
15 between people and the wider environment. Stevens argues for a view of health where environment  
16 and human is a false dichotomy, just as we now understand mind and body cannot be seen as  
17 separate when promoting well-being. This has seen the ‘biomedical’ model of medicine expanded to  
18 the ‘biopsychosocial’ model (Engel 1977) and further suggests that health depends on a unity of  
19 biology, psychology and nature, a ‘biopsychophysiology’ (Richardson et al. 2017; Van Gordon et al.  
20 2018) where people are embedded within a dynamic relationship with the natural environment,  
21 rather than responding to it. This view is increasingly seen in models of health, for example the one  
22 health perspective (Rabinowitz et al. 2018). From the systems perspective of one health, the human  
23 need to maintain emotion regulation for mental health (Gross & Munoz, 1995) has clear parallels  
24 with the homeostasis, equilibrium, and balance required for a healthy ecosystem (Odum, 1985).  
25 Similarly, definitions of ecosystem health refer to absence of distress, stability, and resilience

1 (Tzoulas et al. 2007). Recognising these parallels helps affirm people's interconnected relationship  
2 within nature, just as other organisms have a symbiotic relationship with other parts of the ecosystem  
3 (e.g. Scherber et al. 2010), so do people.

4 *Emotional Regulation and Nature for resilience and Well-being*

5 The research above shows that successful affect regulation is linked to health and we've seen  
6 from the evidence above that nature has a physiological impact linked to our affect regulation  
7 system, with the three-circle model showing how interaction with the wider natural world can bring  
8 balance through activation of certain aspects of our nervous system. Bratman et al. (2015) note the  
9 potential of natural environments to service emotional regulation and suggest further research into  
10 how nature decreases maladaptive forms of regulation. While indicating the benefit of balanced  
11 emotional regulation, the perspective is based on a deficit model and how nature can restore, rather  
12 than maintain well-being and provide resilience. A resilience model is promoted by Tugade and  
13 Fredrickson (2007) who note that emotion regulation is essential to everyday life, and there is a need  
14 to maintain positive emotions in order to build resilience for well-being. They explain how emotion  
15 regulation through savouring can be used to extend positive emotional experiences with an impact on  
16 well-being. Such focus on positive emotions broadens thoughts and actions, building personal  
17 resources (Fredrickson, 1998). These positive emotions bring the resilience needed to bounce back  
18 from negative emotions and to adapt to the demands of stressful experiences. Hart et al. (2006) also  
19 present a resilience and balance based model accounting for well-being. The specific protective  
20 factors they identified were the experience of positive emotions and an adaptive form of emotion  
21 regulation with reduced negative emotionality. Recently, positive psychology interventions adapted  
22 to prompt people to notice the good things in nature have been found to increase nature  
23 connectedness and psychological well-being (Richardson & Sheffield, 2017). Indeed, many benefits  
24 of nature and nature connectedness are related to positive affect, albeit of a single dimension

1 (McMahan & Estes, 2015). WERB and the three-circle model remind us that nature brings two types  
2 of positive affect, both positive joy and the relaxed calm of contentment.

3 Finally, this perspective can provide insight into the mechanisms by which nature benefits  
4 health, as there is also evidence of a relationship between positive affect and immune function, with  
5 up-regulation of immune components among *healthy* people (Marsland et al. 2007). Kuo (2015)  
6 proposes that the benefits of nature for health come from enhanced immune function, rather than  
7 pathways related to stress, physical activity, air quality, and social integration. Kuo refers to studies  
8 that focus on the link between immune function and emotional regulation and notes the link between  
9 immune function and positive affect, which, as argued in this paper, is maintained through balanced  
10 emotional regulation.

11 In summary, research shows that affect regulation is linked to health, the three-circle model  
12 of affect regulation can explain research reporting physiological responses to nature exposure, and a  
13 rationale linking a close affective relationship to nature with emotion regulation is presented.  
14 Together, the evidence presented supports the three-circle based WERB account of the health and  
15 well-being benefits of nature through balancing emotional regulation. From this perspective, nature  
16 helps maintain positive emotions through greater resilience and enhanced immune function,  
17 therefore also providing a mechanism to explain the long-term benefits of nature exposure.  
18 Considering restorations based accounts of well-being through nature, the three-circle model  
19 includes the elements of SRT, so that restoration based account can be maintained alongside ARTs  
20 model of restoration from cognitive fatigue. The model, and underpinning research, highlight the  
21 interconnectedness between people and the rest of nature, fitting a wider narrative about human  
22 embeddedness in the ecosystem.

23 There are also applied implications of the account presented. In an increasingly urban world  
24 with growing demands on health services, public health can be improved through relational thinking  
25 about people and nature. Within this context, and policies on green prescriptions and increasing and

1 improving green infrastructure in towns and cities for well-being, it is important to provide  
2 explanatory mechanisms as they can inform policy and planning. Theories of well-being based  
3 purely upon psychological restoration can suggest the provision of pockets of green space and short-  
4 term public health interventions (e.g. green prescriptions) to enable urban dwellers to receive a dose  
5 of nature, resulting in the continuation of traditional relationships and a culture of occasional visits to  
6 *special* green spaces. The present paper suggests that there is a need for regular and sustained  
7 engagement with nature within a biodiverse landscape to maintain well-being and resilience. This  
8 has wider implications, from the need for networks of green corridors to help reverse the decline in  
9 biodiversity to cultural aspects of green cities, such as moving beyond exposure to purposefully  
10 engaging with nature (e.g. urban equivalents of forest-bathing and symbolic celebrations of nature  
11 across the seasons). Further still, the research supporting WERB can inform well-being beyond  
12 cities, the importance of beautiful and awe inspiring landscapes, and their role in emotional  
13 regulation and wellness. As an established model used in clinical practice, the three-circle based  
14 account underpinning WERB provides a convincing, yet easily accessible narrative, for researchers,  
15 but also to help influence decision makers and inform practitioners of the longer-term benefits of  
16 nature and human interconnectedness with nature. Given the crises in both mental well-being  
17 (Frankish, Boyce & Horton, 2018; Chandra & Chand, 2018) and planetary health (Ceballos et al  
18 2017), narratives that show nature matters are important as we seek to improve the relationship  
19 between people and the rest of the natural world.

#### 21 **Author Disclosure Statement**

22 No competing financial interests exist.

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