



Carleton
UNIVERSITY



Department of
**Geography &
Environmental Studies**

FOUNDERS SEMINAR

Presents:

Dr. John Zelenski, Carleton University,
Happiness Lab, Department of Psychology

Title: **Happiness and Engagement
with Nature**

When: Friday, January 19, 2018

Time: 2:45- 4:00

Location: A-220, Loeb Bldg.

ALL WELCOME



Abstract:

Ottawa has a fortunate location with many public green spaces, urban parks, and rivers. Although we sometimes overlook it, this 'nearby nature' can be a source of well-being for individuals and the broader community. I will describe recent research, conducted by the Carleton University Happiness Lab and researchers around the world, on the potential benefits of nature. These include positive emotions, prosocial behaviour, health, and restoration from stress and mental fatigue. Beyond time actually spent in nature, developing a subjective sense of connection with the natural world is associated with many of the same desirable outcomes, and motivation to behave sustainably. I will consider some of the small things we can do to incorporate nature into daily life, with the goal of making happier people and a healthier community and planet.

Biography:

John Zelenski is a Professor of Psychology and directs the Carleton University Happiness Laboratory (CUHL) in Ottawa, Canada. He studies individual differences in happiness and how these unfold as momentary thoughts, feelings, and behaviors. Much of this work has focused on the trait of introversion-extraversion or how people connect with nature. His research is published in top academic psychology journals and has been featured popular media outlets such as the Wall Street Journal, USA Today, the Huffington Post, and CBC TV and radio. He has taught university courses on personality and positive psychology to rave reviews at Carleton, Washington University, and around the world (literally) with Semester at Sea.

The Geography and Environmental Studies Departmental Seminar Series is committed to accessibility for persons with disabilities. Please send requests for accommodation to Natalia Fierro natalia.fierromarquez@carleton.ca.