

guide to wellness and growth.

+ nature

+ nurture



guide to wellness and growth.



guide to wellness and growth.

nature

nurture

flora and fauna.





flora and fauna.

flora and fauna.



flora and fauna.





monstera deliciosa



ficus lyrata



philodendron hederaceum

nature



monstera deliciosa



ficus lyrata



philodendron hederaceum

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Heartleaf philodendron (*Philodendron hederaceum*) is among the most common houseplants because of its easy to grow nature and lower light requirements. If you've struggled growing houseplants in the past because of poor natural sunlight in your home, or the tendency to neglect plants, you should try your hand at growing a heartleaf philoden-

dron. How to care for heartleaf philodendron: Provide bright, indirect sunlight, grow in well-draining soil and keep the soil slightly moist. Reduce watering during the fall and winter, fertilize lightly every month, and pinch back the stems to create a fuller, bushy plant.



growth.





growth.



growth.



growth.



the link between wellbeing and the ocean

The importance of considering the cultural benefits of the environment to human wellbeing in environmental decision making is increasingly recognised in ecosystems research [14,15,16,17,53] and in social science research on the 'blue economy' [54]. For example, researchers exploring the blue economies in Cantabria, Spain argue, while 'Shipping, fishing, off-shore mining, and energy resources all form crucial links in the value chains of the blue economy', coastal tourism is one of the most visibly impactful areas of the blue economy and 'within this sector, surfable waves generate health and happiness' [10] (p. 65).

Fish et al. [16] introduced the term 'cultural ecosystem services' (CES) to conceptualise the non-material cultural benefits that occur in the interactions between environmental spaces (i.e., physical settings such as rivers, lakes, coasts) and the cultural practices that take place within them. Yet as Bryce et al. [55] outline, there is a dearth of research that explores CES and systematically integrates them into more established ecosystem service assessments. They [55] introduced a typology of relevant cultural practices that includes; playing and exercising; creative and expressing activities; gathering and consuming; and producing and caring. Their research suggests that, through these activities, the multiple cultural wellbeing benefits that develop include place-based identity (e.g., sense of belonging), experiences (e.g., connection to nature), and capabilities (e.g., physical and mental health, skills, and knowledge). Furthermore, through this connection to nature, a sense of belonging and an ethic of care and responsibility can develop which, they suggest, can lead to people supporting the ongoing management and restoration of these ecosystems [55]. This conceptualisation positions CES in a place-based context, recognizing the mutually reinforcing relationships between environmental spaces and cultural practices.

Complementing this research on cultural ecosystem services, and our focus in this discussion, is the more interpretive, place-based and salutogenic research emerging across the social sciences and humanities, and particularly health geography where a so-termed 'hydrophilic turn' has emerged [56] (p. 1). In contrast to the dominant pathogenic focus on health risks and problems, this research has explored the factors that support health and wellbeing, particularly the qualities of water which are "affective, life-enhancing, and health-enabling" [56] (p. 2). The authors' focus on water as healing has a long history across many cultures, with seaside destinations seen as therapeutic sites for leisure and health (e.g., thalassotherapy) [57]. Coastal 'blue spaces' have been interpreted as "therapeutic landscapes," providing physical, psychological, social, and spiritual benefits. These benefits develop from both individual and community experiences and relationships [58] and may arise from immersion or simply visual embrace of the sea [37,58]. This growing body of work has illustrated the different ways in which coastal spaces can foster physical and emotional health and wellbeing across diverse groups, from those who watch, listen, and smell from the shore, to full-immersion activities such as surfing and swimming [56,59,60,61,62,63].

