

BOOK CLUB DISCUSSION GUIDE

SIMPLESCRAPPER.COM/BOOK-CLUB

The Nature Fix by Florence Williams

[Buy on Amazon](#)

Do you always feel better after being outdoors? Learn how more time in nature can boost your creative productivity.

QUOTE | p. 242 - Here are some of the essential take-homes: we all need nearby nature: we benefit cognitively and psychologically from having trees, bodies of water, and green spaces just to look at; we should be smarter about landscaping our schools, hospitals, workplaces and neighborhoods so everyone gains. We need quick incursions to natural areas that engage our senses. Everyone needs access to clean, quiet and safe natural refuges in a city. Short exposures to nature can make us less aggressive, more creative, more civic minded and healthier overall.

—

QUOTE | p. 2 - “People are happiest when they are well enmeshed in community and friendships, have their basic survival needs met, and keep their minds stimulated and engaged, often in the service of some sort of cause larger than themselves.”

QUOTE | p. 3 - “Why don’t we do more of what makes our brains happy?”

QUESTION | What does scrapbooking do for you?

QUOTE | p. 4 - “We don’t experience natural environments enough to realize how restored they can make us feel, nor are we aware that studies also show they make us healthier, more creative, more empathetic and more apt to engage with the world and with each other.”

QUESTION | On average, how often do you get out in nature?

QUOTE | p. 8 - “It’s just that I noticed some dramatic things about my mood, creativity, imagination and productivity in different environments, and I started to ponder it.”

QUESTION | What environments help you feel the most creative?

QUOTE | p. 22 - “The biophilia hypothesis posits that peaceful or nurturing elements of nature helped us regain equanimity, cognitive clarity, empathy and hope.”

QUESTION | Think back to a favorite memory of nature. How did it make you feel?

QUOTE | p. 45 - “Perhaps what matters is not the source of the stress but the ability to recover from it.”

QUESTION | How do nature and scrapbooking compare, for you, in their ability to relieve stress?

QUOTE | p. 49 - “The most restorative landscapes, she said, are the ones that hit the sweet spot of being interesting but not too interesting.”

QUESTION | Do you think this might hold true for design of scrapbook pages?

QUOTE | p. 51 - “We’ve known for a long time that athletes and artists can easily access flow states; the idea that the rest of us can touch that zone through nature is tantalizing.”

QUESTION | How might nature help improve your hobby?

QUOTE | p. 63 - “It doesn’t have to fulfill an Emersonian purity in order to be considered sacred.”

QUESTION | What is a small action you could regularly take in pursuit of a “sacred” experience in nature?

QUOTE | p. 98 - “In fact, Smyth thinks short nature-based interventions like this could help more people more efficiently than many other ones that get more attention, like meditation. “Meditation is getting all the glory. Unjustifiably,” said Smyth. “Seventy percent of people will wash out.””

QUESTION | Have you used time outside as your form of meditation?

QUOTE | p. 127 - “It’s not just the smell of a cypress, or the sound of the birds, or the color green that unlocks the pathway to health in our brains. We’re full sensory beings, or at least we were once built to be. Isn’t it possible that it’s only when you open all the doors—literally and figuratively—that the real magic happens? For that, you need more than a few moments on a screen or in nature. You need, to be exact, five hours a month.”

QUESTION | Would it be possible for you to carve out five hours a month for time in nature? Do you think we could consider this our “Artist Date” time?

QUOTE | p. 143 - “As we’ve seen in Part One, nature appears to have some immediate effects: a lower pulse rate and the beginnings of a parasympathetic nervous system response leading to feelings of peace and well-being.”

QUESTION | Can you see using nature as a precursor to scrapbooking or creative flow?

QUOTE | p. 150 - “The idea of spending more time outdoors is emerging as an important tool for regaining health and sanity already lost.”

QUOTE | p. 201 - “We come out in nature not because the science says it does something to us, but because of how it makes us feel.”

QUOTE | p. 254 - Go outside, often, sometimes in wild places. Bring friends or not. Breathe.

QUESTION | Will you spend more time outdoors in the future?

Want to chat about the book? Join us in the My Simple Scrapper community on May 30, 2019 at 8:30 p.m. CDT for our discussion.

Not yet a member? [Click here to learn more.](#)