

GEOG3770

Sunshine, Freedom, and a Little Flower: Geography & Wellbeing

COURSE OUTLINE Winter 2017

Dr. Bonnie Hallman

General Information

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Office hours: By appointment (contact via email please) and Tuesdays 2:00-4:00pm

Course time: Monday, Wednesday and Friday 9:30-10:20am

Room: 129 St John's College

Style Guide Preference: APA style and formatting. For reference please go to:
<http://libguides.lib.umanitoba.ca/c.php?g=298394>

“Just living is not enough... one must have sunshine, freedom, and a little flower.”

Hans Christian Andersen

Course Description

Cross-culturally and for centuries, humans have recognized the important connection between their geography (both built and natural environments) and their health and wellbeing.

This course explores how human-environment relations (a core concept in human geography) influence our mental, emotional, and physical health. The overarching theme is that the places where we live, work and play, and how we relate to them, are entwined with our health and wellbeing in often profound and surprising ways.

This course draws on current geographic research in the areas of (cultural) health geography, emotional geographies, therapeutic landscapes, sacred spaces, and the geography of mental health and wellbeing. It also draws on research in cognate areas of scholarship including: architecture and design, cultural studies, indigenous studies, environmental psychology, and health sociology.

Course Learning Objectives

On successful completion of this course, students will be able to:

- Define fundamental concepts such as: wellbeing, place, location, and landscape
- Identify linkages between environmental/climate change and human health and wellbeing
- Share a greater awareness of cross-cultural concepts of landscape as therapeutic / salutogenic.
- Explain the significance of contact with nature/exposure to the natural environment for wellbeing
- Explain the importance of urban/building design to human physical and mental health
- Share an increased awareness of mental health and wellness issues within the university/academy
- Appreciate the interplay between the built environment, social processes, and individual experience of wellbeing
- Draw on improved skills in critical thinking, independent research, and in oral and written communication

Course Texts

- Gesler, W.A. and R.A. Kearns (2002) culture/place/health. Routledge: London UK.
- Sternberg, E.M. (2010) Healing Spaces: The Science of Place and Wellbeing. Harvard University Press: USA.

Course Evaluation

- Participation (5%)
 - Contribution to class discussion
 - Attendance
- Journal Article Reviews (3x 15%)
 - Critical review of a research journal article in a relevant area of geographic studies of wellbeing, or in a cognate field, e.g., environmental psychology, architecture etc.,
 - Detailed instructions will be made available in class and posted to UMLearn
 - Reviews are due to the UMLearn Dropbox by 5pm on:
 - February 10, 2017
 - March 10, 2017
 - April 6, 2017

- Articles may form part of the research for the course research paper
- Students are encouraged to select their own article, with approval from the instructor

- Research Paper (35%)
 - 10-15 page research paper
 - Minimum 7 academic references
 - Topic to be chosen by the student in consultation with the instructor – must be directly related to a course topic/theme

- Oral Presentation (15%)
 - 10-15 minute oral presentation
 - Presentation is to share with/teach the class about your research paper
 - Creativity welcome!
 - Presentations will occur during the last week of classes

Course Topics

1. Introduction: Health, Wellbeing... and Geography?
 - a. Gesler & Kearns (2002) Chapter 7 'Landscapes of healing'
 - b. Sternberg (2010) Chapter 1 'Healing Places'
2. Therapeutic / Salutogenic Environments
 - a. Williams, A (2007) Chapter 1 'The Continuing Maturation of the Therapeutic Landscape Concept' in Therapeutic Landscapes. Geographies of Health. Ashgate: London.
 - b. Hoyez, A. (2007) 'From Rishikesh to Yogaville: The Globalization of Therapeutic Landscapes' Chapter 4 in Therapeutic Landscapes. Geographies of Health. Ashgate: London
3. Emotional Geographies of Health and Mental Health
 - a. Milligan, C., Bingley, A. and A. Gatrell (2005) Healing and feeling: The place of emotions in later life. In Davidson, Bondi and Smith. Emotional Geographies. Ashgate: London. Pp 49-62.
4. Climate, Weather, Climate Change, and Human Wellbeing
 - a. Lowe, S., Joshi, S., Pietrzak, R., Galea, S. and M. Cerda (2015) Mental health and general wellness in the aftermath of Hurricane Ike. Social Science and Medicine, 124: 162-170
5. Contact with / Exposure to Nature and Human Health across the Lifespan – Or - The Healing Effect of Plants and Animals
 - a. Thurber, C and J. Malinowski (1999) Accessible Wilderness as a Therapeutic Landscape: Experiencing the Nature of Denali National Park. In Williams, A. Therapeutic Landscapes: The Dynamic between Place and Wellness. University Press of America: Lanham,MD.
 - b. Louv, R. (2008) Why the young (and the rest of us) need nature. Last Child in the Woods. Workman Publishing: Chapel Hill NC. Pp: 39-99.
 - c. Volker, S. and T. Kisteman (2011) The impact of blue space on human health and wellbeing – salutogenic health effects of inland surface waters: a review. International Journal of Hygiene and Environmental Health. 214(6): 449-460.
 - d. Sultana, F. (2012) Producing contaminated citizens: towards a nature-society geography of health and wellbeing. Annals of the Association of American Geographers. 102(5): 1165-1172.

6. Sacred Spaces of Health and Wellbeing
 - a. Sternberg (2010) Chapter 8: Healing thought and healing prayer.
 - b. Foley, R. (2011) Performing health in place: the holy well as a therapeutic assemblage. Health & Place. 17(2): 470-479.

7. Indigenous Knowledge, Environment, and Wellbeing
 - a. GUEST INSTRUCTOR
 - b. Pinelli, R. and G. Tipa (2009) Beyond foodscapes: considering geographies of Indigenous well-being. Health & Place. 15(2): 455-465.
 - c. DeVerteuil, G., and K. Wilson (2010) Reconciling indigenous need with the urban welfare state? Evidence of culturally-appropriate services and spaces for Aboriginals in Winnipeg, Canada. Geoforum. 41(3): 498-507.

8. If You Build It ... They Will Heal – Health, Wellness and Architecture
 - a. Sternberg (2010) Chapter 10: Hospitals and Wellbeing.
 - b. Smith, D., Metcalfe, P. and M. Lommerse (2012) Interior architecture as an agent for wellbeing. Journal of the Home Economics Institute of Australia. 19(3): 2-9.

9. Wellbeing and Urban Lives – Healing Cities
 - a. Sternberg (2010) Chapter 11: Healing Cities, Healing World
 - b. Evans, G.W. (2003) The built environment and mental health. Journal of Urban Health. 80 (4): 536-555.
 - c. Pacione, M. (2003) Urban environmental quality and human wellbeing – a social geographical perspective. Landscape and Urban Planning. 65(102): 19-30.

10. Consumption/Economy/Society Influences on Wellbeing
 - a. Gesler & Kearns (2002) Chapter 8 ‘Consumption, place, and health’
 - b. Hudders, L., and M. Pandelaere (2012) The silver lining of materialism: the impact of luxury consumption on subjective well-being. Journal of Happiness Studies. 13(3): 411-437

11. Mental Health and Wellness in the Academy
 - a. University of Manitoba Mental Health Strategy
<http://umanitoba.ca/student/mentalhealth/mh-strategy.html>
 - b. Conradson, D. (2016) Fostering student mental wellbeing through supportive learning communities. The Canadian Geographer. 60(2): 239-244.
 - c. Windhorst, E. and A. Williams (2016) Bleeding at the roots: post-secondary student mental health and nature affiliation. The Canadian Geographer. 60(2): 232-238.

12. Reflecting on Space, Place and Wellbeing

- a. Fleurat, S. and S. Atkinson (2007) Wellbeing, health and geography: A critical review and research agenda. New Zealand Geographer. 63: 106-118.

13. Student Research Presentations

“There is pleasure in the pathless woods, there is rapture in the lonely shore, there is society where none intrudes, by the deep sea, and music in its roar; I love not Man the less, but Nature more.”

Lord Byron