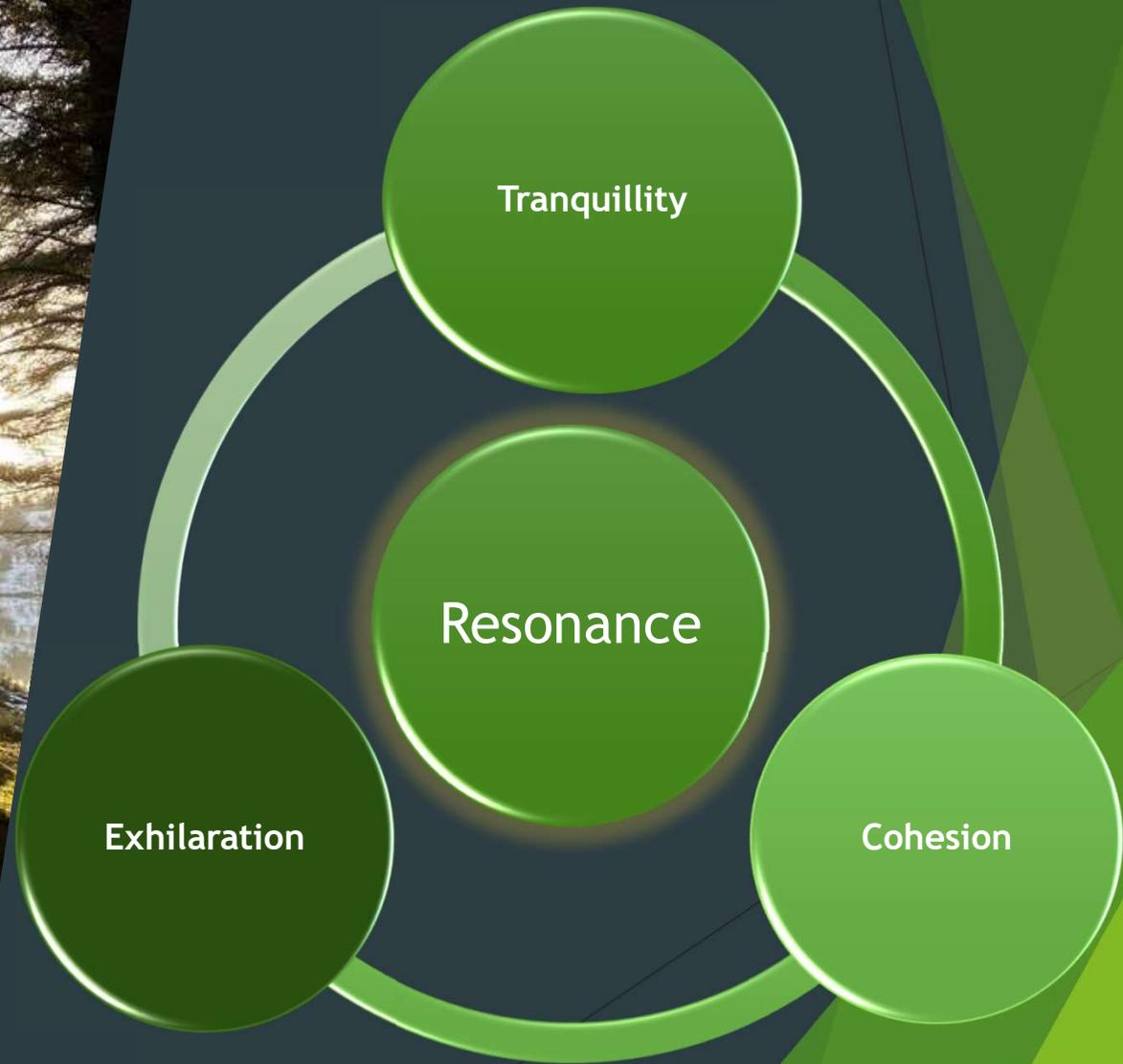


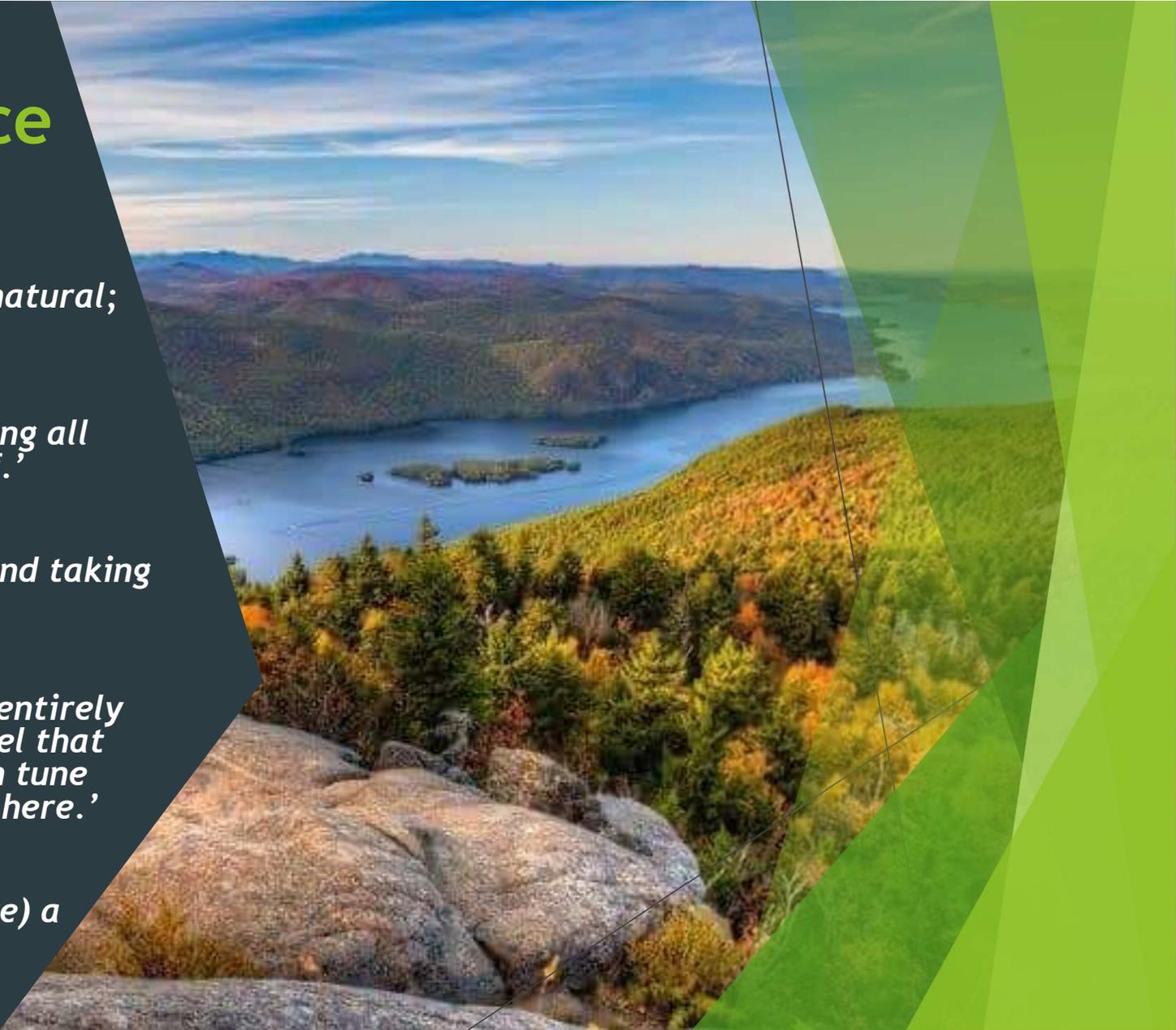


# Resonance Retreats



# What are Resonance Retreats?

- ▶ *'I'm coming home... this is more natural; this is more me.'*
- ▶ *'An immersive experience... serving all these different levels of yourself.'*
- ▶ *'Responding to your own needs and taking time to listen to your own body.'*
- ▶ *'A very authentic environment... entirely natural, you just immediately feel that you're in a place that's totally in tune with the purpose of why you are here.'*
- ▶ *'These ancient forests... just (give) a wonderful perspective.'*



# A new paradigm for *Well-Living*

- Endorsing *Salutogenesis*: the source of good health with a *sense of coherence* as the epitome
- ‘*Resource factors*’ are encountered in shared experiences on retreat through outdoor sports, yoga and meditation
- *Resource factors* help build *resilience* within mental, physical and social states of being by fostering active adaptation
- *Resonance* is felt as a sense of peace within oneself, in connection with others, a sense of place from retreat experiences and sanctuary. This allows an ‘opening up’ to new experiences, people and perspectives.



# 3 key resource factors facilitate resonance:

## 1. Tranquility

- ▶ *'The trails just cut out all noise and distraction' (from external pressures and any internal discomfort)*
- ▶ *'You come into the birch forests, and immediately feel your heart rate go down.'*
- ▶ *'You're able to kind of step softly in nature onto the path with the pine needles and the gnarly roots.'*
- ▶ *'A kind of multi-sensory experience, from the ground up.'*
- ▶ *'All of your senses are active all of the time... it's 'different time' because it's more of a natural environment.'*



## 2. Exhilaration

- ▶ *'We were just bombing it down the hill, and it's just that freedom and we were going 'yeeha!'*
- ▶ *'Splashing through puddles... Laughter, we've had lots of giggles as well, like childlike giggling during yoga.'*
- ▶ *'Actually slightly being allowed to be a child again.'*
- ▶ *'It's exciting to meet new people because it creates this kind of change in the energy of the group'*



## 3. Cohesion

- ▶ *'There's a lot of conversations, like the cross section of a tree, it stimulates a much more holistic thought process which allows you to think about your life.'*
- ▶ *'It gives me confidence that there's always fascinating people to talk to and it's not something to be scared of.'*
- ▶ *'I'm finding I'm with people who are like minded much more, when I'm on retreat... in the same zone as me.'*
- ▶ *'There's a bonding that happens, it's great.'*



# The Psychology



Resonance supports 'sense of coherence' (SOC) as a stable, composed disposition and stronger sense of self possession, pivotal for coping with life's challenges



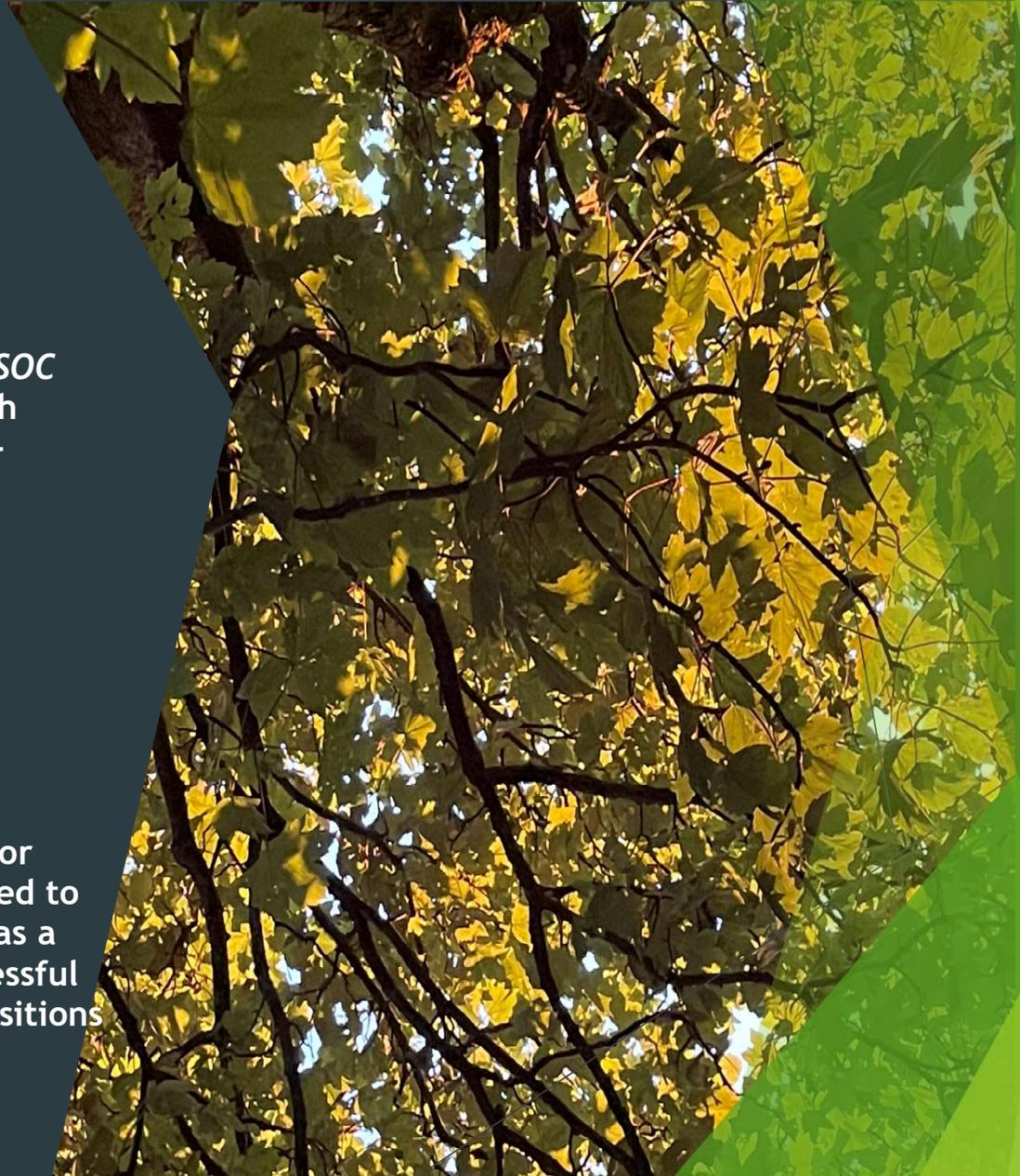
Higher levels of SOC associated with lower psychological symptoms



Psychological Rescue is facilitated through SOC to promote more positive health outcomes



Opportunities for flourishing (opposed to languishing) act as a buffer against stressful life events and transitions



# The Science

- ▶ Multi-sensory experiences, incl. auditory inputs allow changes in neural network connectivity/neuroplasticity leading to emotional regulation, reduced allostatic load & improved health
- ▶ The default mode neural network is likely implicated, activated through woodland environments & mindful practice: activity increased during task-free states including mind-wandering and decreased during task-based focus.
- ▶ Increased cortisol slope thought to be a reliable biomarker associated with healthy circadian rhythms, mental well-being, and self-reported stress, correlated with time in nature
- ▶ Greater parasympathetic nerve activity & heart rate variability (HRV)
- ▶ Modulation of inflammatory processes



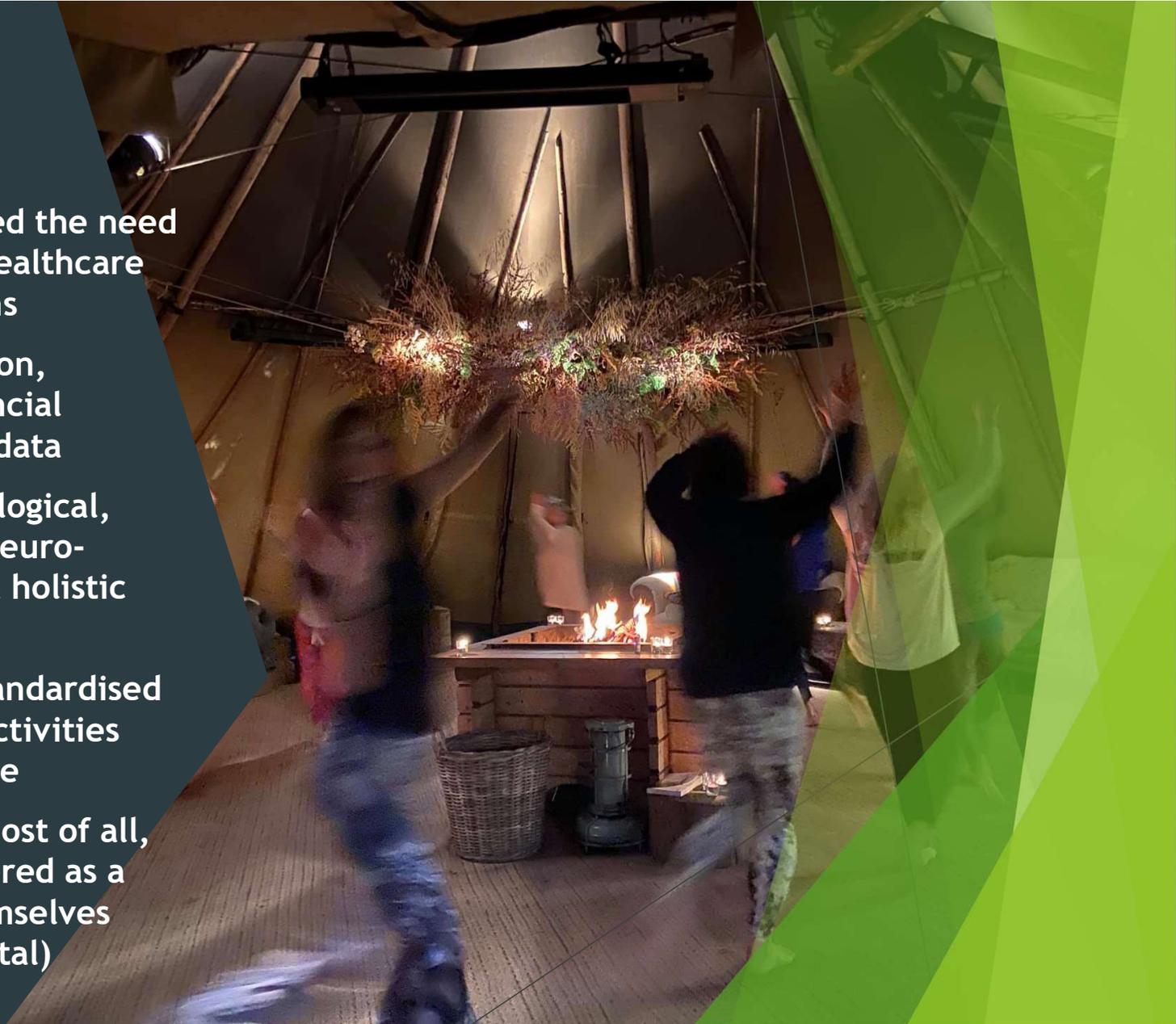
# The Results from HCPs & Stakeholders

- ▶ Sensations of restored vitality, freedom and unity between the self and the natural world
- ▶ Inspiring energy and awe, leading to a heightened sense connectivity to oneself, other people and the surrounding environment.
- ▶ Collective flourishing: a phenomena of shared well-being is experienced in a group of people who are interconnected, feel positive and function in harmony together



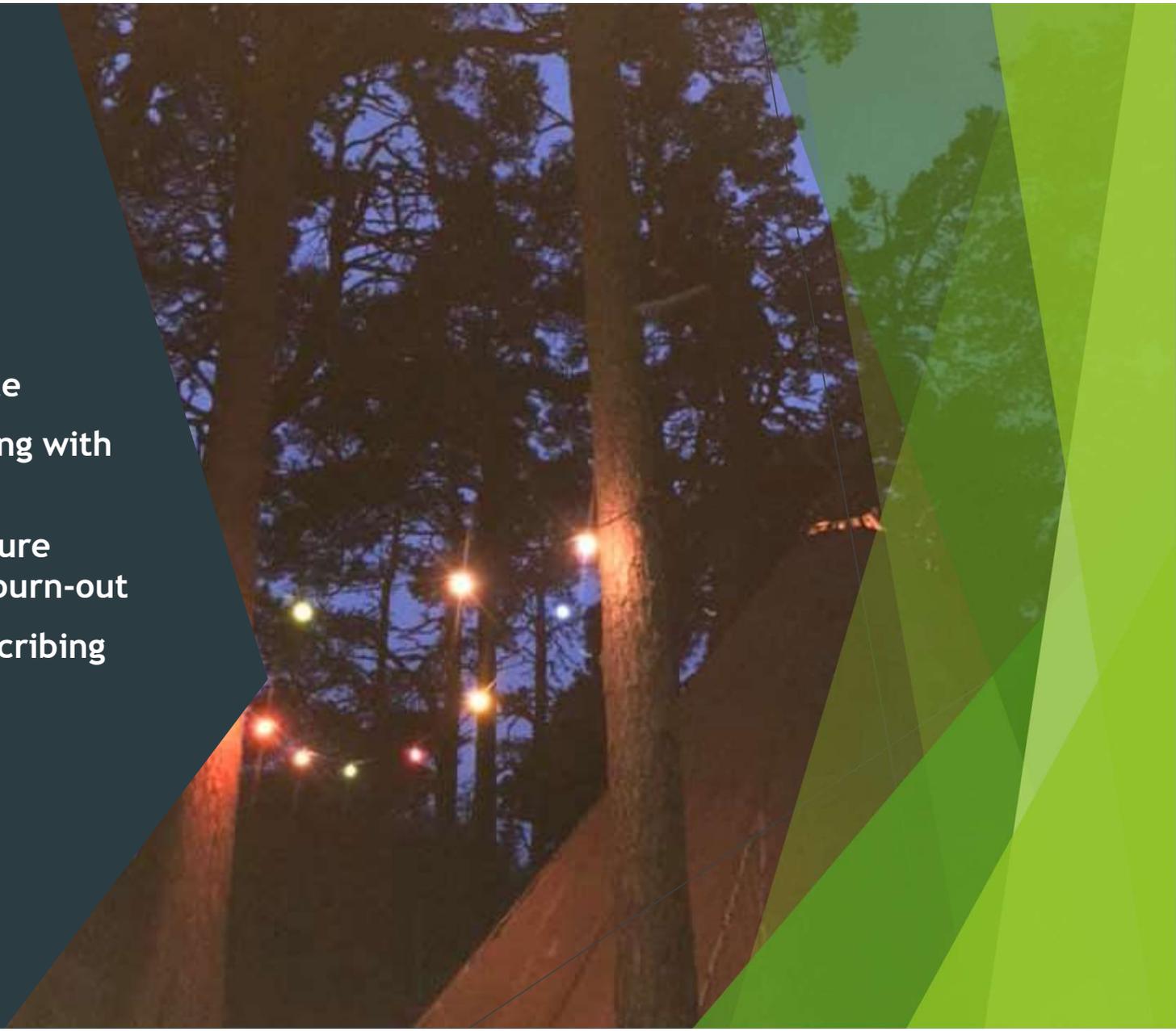
# Future Needs

- ▶ Focus Group discussions highlighted the need for greater integration between healthcare provision and retreat interventions
  - ▶ Require systems for prescription, accredited providers and financial support from evidence-based data
  - ▶ Collection of cognitive, physiological, biochemical, and potentially neuro-imaging measures to provide a holistic assessment of outcomes
  - ▶ Heterogeneity in variables: standardised reporting system for retreat activities required to assess and compare
  - ▶ However: individuals report most of all, enjoyment from being considered as a whole, with all aspects of themselves (physical, emotional, and mental) therapeutically provided for



# Future Needs: Population Demographics

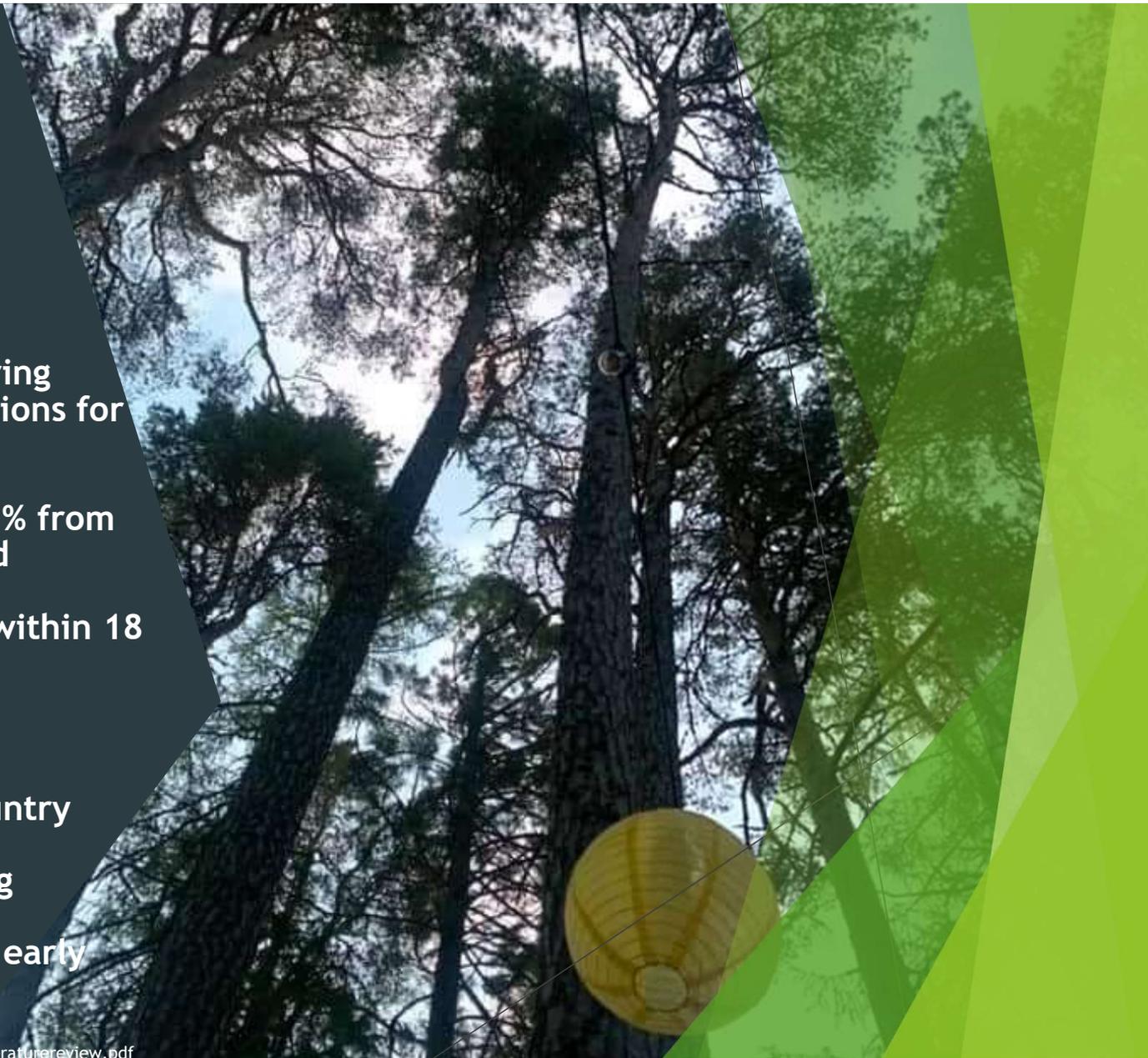
- ▶ Adolescents and young people
- ▶ People recovering from / living with cancer
- ▶ People working in high-pressure environments / at risk from burn-out
- ▶ Referrals through social prescribing initiatives



# Future PhD Research: Adolescents referred to CAMHs

## ► Why?

- Delicate neuroplastic processes during adolescence, down-stream implications for mental health & chronic disease
- Increase in CAMHs referrals by 11.1% from June 2020 to June 2021 in Scotland
- Current targets to start treatment within 18 weeks of referral - risk factor
- Workforce shortages
- Inequity in provision across the country
- High rates of medication prescribing
- Focus on prevention & high-quality early intervention necessary



Thank You!  
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