

Exploring Spaces and Places for Mental Health

Atlantic Summer Institute
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Aspects of 'the environment'

- Natural
- Built
- Social
- Organisational

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What is not there?

- **Economic**
- **Political**
- **Cultural**
- **Virtual**



My 80/90/100 rule

- **80**
 - We are 80% urbanised
- **90**
 - We spend 90% of our time indoors
 - And 5% in vehicles
 - = 1 hour (5%) outdoors (and mostly urban)
- **100**
 - We live 100% of the time within natural ecosystems



Virtual

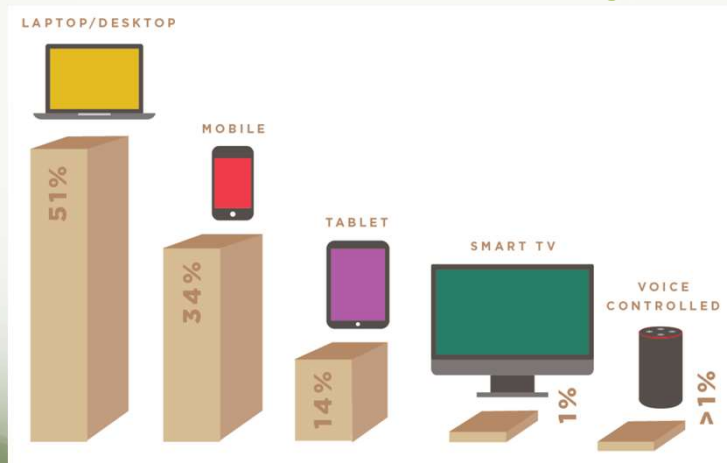
- “on average, anglophone Canadians who were surveyed spent 24.5 hours online per week in 2016”
 - = 14%
- “Canadians between the ages of 18 to 34 spent . . . an average of 34 hours per week”
 - = 20%

Media Technology Monitor

- **But note, we only spend 10% of our time outdoors**



Nearly 3-in-4 Canadians spend at least 3 to 4 hours online each day



Canadian Internet Registration Authority



Panel members

- **Erika Michaud - Social Environments**
- **Kathryn Hill - Virtual Environments**
- **Ashlee Cunsolo - Natural Environments**
- **Inge Roosendaal - Built Environments**