

Connected by Nature

Nature-Based Rehabilitative Palliation for Young Adults (25-45 y) with Advanced Cancer – a Pathway to Reduced Distress

BACKGROUND



Existential loneliness
High distress

Project (2024-26)

Naturebased
programme

Scientific
evaluation

Practice
guide

NATURBASED PROGRAMME



Inclusion and participation

- 4 groups
- 36 included
(from Capital Region of Denmark and Region Zealand)
- 24 completed

EVALUATION

I am
not alone

It's like an
injection of
meaning

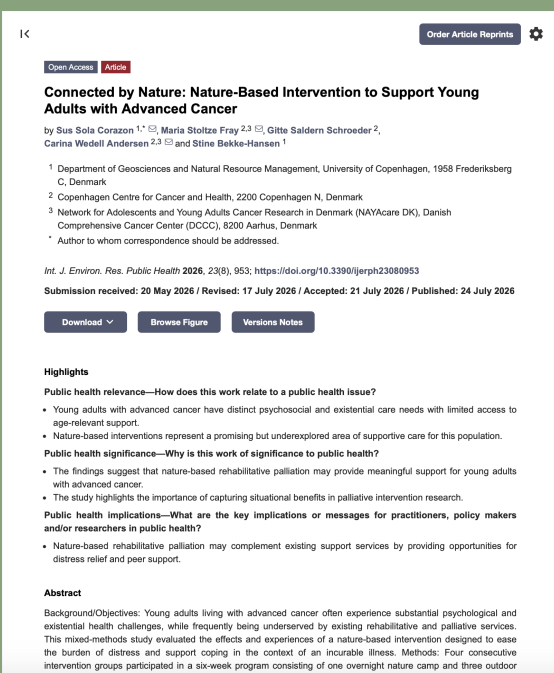
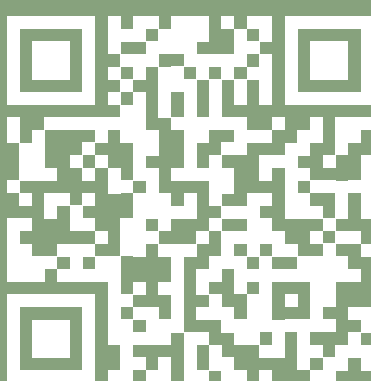


**It
works!**

- ↓ Perceived distress
- ↑ Vitality and resilience
- ↑ Connectedness

- Nature
- Self
- Others
- Present moment
- Something greater

Read the
scientific
article



Practice guide
(in Danish)

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