



MEDIA RELEASE

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New Research Highlights Role of Nature in Supporting Young People's Mental Wellbeing

*New study shines a light on the psychological benefits of nature-based activities, including stress reduction and attention restoration, through **Kookaburra Kids Regenerate Program***

The Australian Kookaburra Kids Foundation, in partnership with the **Bupa Foundation**, is excited to announce the release of new research, revealing the impact nature-based activities have on the mental health and wellbeing of young people. The research highlights how participation in the Kookaburra Kids Regenerate program, funded by the **Bupa Foundation**, led to notable psychological benefits such as a reduction in stress levels and restoration of attention for young people impacted by family mental illness.

Approximately 23% of young Australians are impacted by family mental illness and these young people are up to 3 times as likely to go on to develop a mental health condition themselves. Programs like **Kookaburra Kids' Regenerate program** are vital to provide young people with knowledge and skills to protect their mental health and wellbeing and prevent the onset of mental health conditions.

The study underscores that Regenerate's nature-based activities, through both camps and activity days, not only provide immediate benefit but also contribute to key protective factors for long term mental health and wellbeing.

Key findings from the research include:

- **Restoration of Attention:** Nature-based activity days showed the largest psychological effect in the restoration of attention, helping young people regain focus and reduce mental fatigue.
- **Reduction in Stress:** For participants attending the Regenerate camps, the most significant benefit was a reduction in stress levels, providing young people with a calming and restorative experience.
- **High Engagement and Future Interest:** An overwhelming 92% of participants from the activity days and 95% from the camps indicated they would like to attend another program in the future, demonstrating the strong desire for continued access to nature-based mental health support.

Caley Tapp, the Research Consultant behind the study, commented: “The findings clearly demonstrate the tangible benefits of nature for young people’s mental health. These positive outcomes speak volumes about the power of outdoor experiences in promoting psychological wellbeing and should be considered as a core component in future mental health interventions.”

Inkah Fischer, Head of Clinical Delivery at Kookaburra Kids, also underlined the importance of environmental engagement in improving mental wellbeing for our young people. “With a clear reduction in stress levels and improved mental capacity, this research highlights the link between interactions with our natural environment, and our ability to reregulate our wellbeing. Programs like Regenerate are leading the way forwards in what it means to be healthy inside and out. “

Young people who participated in the program shared their own experiences:

- “Because I had a lot of fun there and it was good for me to spend a while in nature.”
- “It is great to learn and know you are not alone. It helps me feel a part of a community, a belonging :)”
- “Super fun and great for your wellbeing!”

Roger Sharp, Bupa APAC Chief Sustainability and Corporate Affairs Officer said this research reinforces Bupa’s commitment to helping young people live happy and healthy lives through interacting with nature.

"We are proud to work with Kookaburra Kids in rolling out engaging early intervention programs designed to support young individuals affected by family mental illness through nature-based programs."

Kookaburra Kids and the Bupa Foundation are committed to furthering this important research and expanding their programs to reach more young Australians in need of mental health support. This research marks a significant step forward in understanding how nature can be harnessed as a powerful tool for positive mental health outcomes.

For more information on the Regenerate program and the full research article, please visit:

[Regenerate](#) [Research Article](#)

About Australian Kookaburra Kids Foundation:

Kookaburra Kids provides vital mental health education and support to young people impacted by mental illness. Through camps, activity days, and clinically designed programs, Kookaburra Kids equips young people with the tools they need to cope with the challenges they face, helping them build resilience and thrive beyond the impacts of family mental illness.

About Bupa Foundation:

The Bupa Foundation is a health promotion charity dedicated to helping people live longer, healthier, happier lives and making a better world.

The Foundation aims to respond to issues that are critical to the physical and mental health and wellbeing of people, both now and in the future.

Investing in, and delivering programs in two key areas:

- Healthy minds: Building mentally healthy and resilient communities; and
- Healthy Planet, Healthy People: Addressing the link between planet health and human health

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