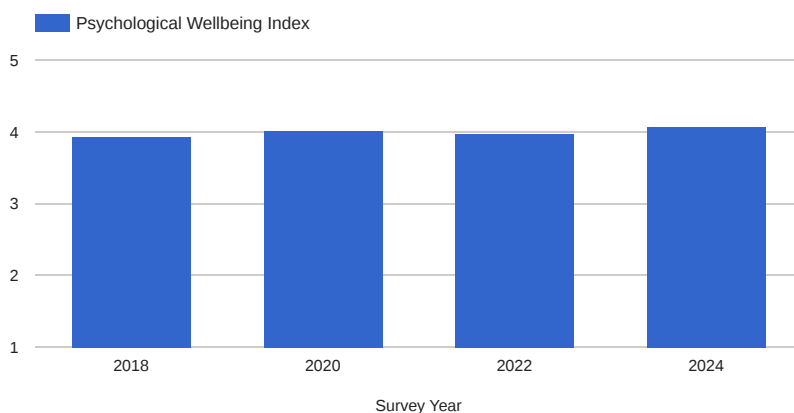


PUGET SOUND VITAL SIGNS

INDICATOR PSYCHOLOGICAL WELLBEING INDEX

The Psychological Wellbeing Index measures the percent of Puget Sound residents who experience inspiration and stress reduction while in nature. The Index will help us understand whether the natural environment contributes to the psychological dimensions of human wellbeing.

Psychological Wellbeing Index



Index of Psychological Wellbeing on a five-point scale based on how often respondents have felt inspiration and reduced stress as a product of spending time outdoors (where 1 is never and 5 is frequently or almost every day).

Indicator Progress



Target Status



Target

No targets are currently set for this indicator.

Data Source

Oregon State University Human Dimensions Lab

[Human Wellbeing Vital Signs Survey 2024 Summary Report](#)

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Last Updated

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Key Vital Sign Indicator Results

- We measure Psychological Wellbeing by asking survey respondents how often they have felt inspiration and reduced stress as a product of spending time outdoors.
- 4.07 was the average response in 2024 (out of 5), which **equates to participants experiencing inspiration or stress reduction from the outdoors “regularly”** on a five-point scale. This is consistent with responses since 2018.
- Over 45% of Puget Sound residents identified psychological benefits from being outdoors almost daily.

CONTRIBUTING PARTNERS



TO LEARN MORE ABOUT THE VITAL SIGNS VISIT: vitalsigns.pugetsoundinfo.wa.gov OR CONTACT: vitalsigns@psp.wa.gov