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| **#Nature and emerging adult wellbeing: there is more to it than just a place to take selfies** |
| **Background/Objectives**The link between nature and enhanced wellbeing is increasingly documented. However, in contemporary Western societies, there are concerns that humans are losing their touch with nature. Industrial development has physically removed humans from regular contact with wildlife and contributed to a psychological split between nature and humans. The increased use of technology also shapes lifestyle choices by lessening interest in or time for outdoor environmental experiences. This is particularly relevant to emerging adults (18-29-year-olds) who are growing up during a time of rapid social changes. Emerging adulthood is the most fast-paced unstable period of life with frequent lifestyle changes which together with the preoccupation with social media and technology, can limit the time for interaction with nature. Despite nature being a promising way to enhance wellbeing, little research has examined its role in emerging adult wellbeing. This qualitative study explores *pulls-to-nature* and how and in what way emerging adults in Australia benefit from connecting to nature through their own perspectives and experiences. **Methods**Photo-elicitation interviews were used to collect data. 18 emerging adults first took photographs that represent their views on and experiences of wellbeing, and later participated in an interview to discuss the meaning of their photos and how they related to their wellbeing. **Results**Thematic analysis revealed that emerging adults actively seek out and retreat to nature to improve their sense of wellbeing. Five key themes were identified including: symbiotic nurturing, social cohesion, positive outlook, natural recalibration and centre-ing, and a number of associated *pull-to-nature*; gateway to happy memories and home; refuge from a modern urban society; episodes of solitude, just to name a few.**Discussion**Through identifying *pulls-to-nature* the study findings help understand what encourages emerging adults to get in touch with nature to improve their wellbeing, and how and why these interactions with nature do so. The findings provide insight into the contemporary centrality and roles of nature in emerging adult wellbeing at a time when technology dominates within a highly urbanised fast paced modern world. The identified *pulls-to-nature* can be used in health promotion to attract emerging adults to nature to improve their wellbeing. **Keywords**Nature, emerging adults, wellbeing, *pulls-to-nature* |