



NATURE THERAPY INFORMATION SHEET

Promoting Mental Health Through Connection with Nature

What is Nature Therapy?

Nature Therapy (also known as Eco Therapy or Green Therapy) is a form of therapeutic treatment that involves structured time in nature to improve mental, emotional, and physical well-being. It can include a range of activities guided by a therapist or practiced independently.

Benefits of Nature Therapy

Research shows that spending time in nature can:

- 🌲 Reduce stress and anxiety
- 🌤️ Improve mood and emotional regulation
- 🧘 Enhance mindfulness and focus
- 💬 Support social connection and communication
- 🧠 Help manage symptoms of depression, PTSD, ADHD, and burnout
- ❤️ Improve physical health (e.g., lower blood pressure, boost immunity)

Common Types of Nature Therapy

- Nature Walks: Guided or self-led mindful walking in natural spaces
- Gardening Therapy: Hands-on gardening activities to foster calm and achievement
- Animal-Assisted Therapy: Interacting with animals in natural environments
- Outdoor Counselling: Traditional talk therapy held in natural surroundings
- Ecopsychology Exercises: Reflective and creative practices like journaling in nature

How Sessions Work

1. Initial Assessment: Discuss your needs, preferences, and goals with your therapist.
2. Session Planning: Choose the type and location of therapy (park, forest, beach, garden, etc.)
3. Therapy Sessions: Sessions may include walking, observing, meditating, or engaging in creative or physical nature-based tasks.
4. Follow-Up: Reflect on experiences and track your progress over time.

Is Nature Therapy Right for You?



Dr. Kelly Davis Martin
Principal | Family Therapist
DBH, MPH, LPC, MCHES, NBC-HWC
kelly@growthringsfamilytherapy.com

Nature Therapy may be a good fit if you:

- Feel overwhelmed by modern life or technology
- Are open to outdoor environments
- Struggle with traditional therapy settings
- Want a holistic, body-mind approach to healing

Tips for Getting Started

- 🌻 Start small: Take a 10-minute walk in a park or green space
- 🧥 Dress for the weather and wear comfortable shoes
- 📵 Limit phone use to stay present
- 📖 Keep a nature journal to reflect on your feelings and observations
- ❤️ Talk to your therapist about incorporating nature-based elements into your care plan

Need More Info?

Talk to your therapist or healthcare provider about nature therapy options in your area, or visit:

Growth Rings Family Therapy

Connect@GrowthRingsFamilyTherapy.com

www.GrowthRingsFamilyTherapy.com