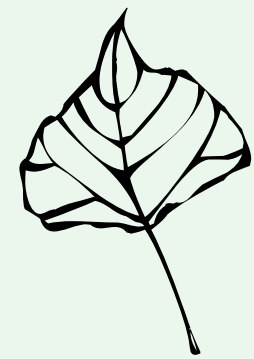




CORPORATE WELLNESS AND FOREST THERAPY



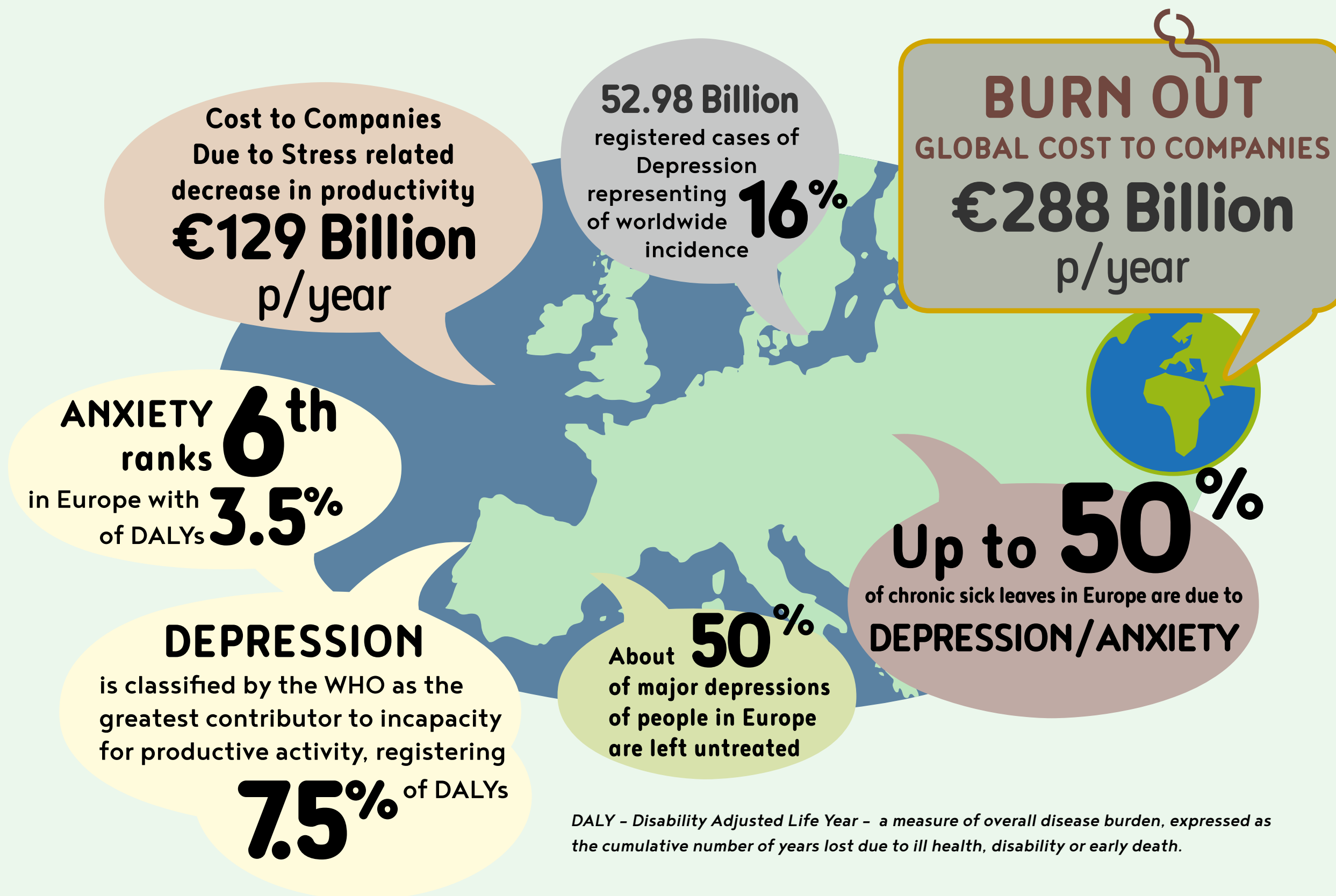


NEW SOLUTIONS FOR YOUR TEAMS


Well-being in the workplace is currently one of the major topics for most companies around the world.

THE REALITY OF THE WORLD WE LIVE IN TODAY

High performance required by the modern workplace requires staff to be motivated, feeling balanced, with good mental and physical health. Enabling them to meet the often high pressure workloads needed for successful business. Without building in a wellbeing structure into organisations staff are very often exposed to physical and mental conditions impacting both the employees' wellbeing and the productivity of the organisation. It is known that the most prevalent of mental health conditions in the working population are depression and anxiety. Research suggests that often the lack of contact with nature and natural elements in the working environment for instance, natural light, living plants, natural materials and fresh air can contribute to an increase in employee productivity and creativity.



The World Health Organization (WHO*) quantified the losses caused by declining labor productivity in companies in the European region to EUR 129 billion per year. Another interesting fact is that compared to other health problems, depression and anxiety causes employers 30% higher losses. These losses are mainly attributable to the increased average time needed to accomplish any given task.



Neuropsychiatric disorders account for of the **19.5%** of disease in the European Region, and 26% in European Union (EU) countries.



5.1% incidence in female population

3.5% incidence in male population.

H I G H E S T I N C I D E N C E I N E U R O P E :
1ST RUSSIAN FEDERATION ; 2ND GERMANY ; 3RD FRANCE

Depression and anxiety also tend to be at the root of what is commonly designated as burn-out. This phenomenon has been on the rise in recent years and has a significant impact on employee health and company costs globally. As the major contributor to a higher frequency of work related illness and long term absenteeism, burn-out has also been related to increasing toxicity of the working environment, which can be characterized by a decline in motivation, unhealthy politics or simply discomfort in the workplace. The annual cost associated with burn-out in the global economy is estimated at EUR 288 billion. These numbers led the World Health Organization at the end of 2016, to predict a global pandemic to be happening within ten years.



WHAT IS FOREST THERAPY?

Forest Therapy is a research-based approach for supporting health and wellness through immersion in forests and other natural environments.

It is a 3-hour immersive experience in nature where participants are guided through a series of invitations to awaken their senses, slow down, cultivate presence and their relationship with nature.

Inspired by the Japanese practice of Shinrin-Yoku, which translates to “forest bathing,” it is a practice of spending time in forested areas for the purpose of enhancing health, wellness, and happiness.



HOW CAN FOREST THERAPY BENEFIT YOUR TEAMS

Bringing your team out of the office into a natural environment opens up the possibility for “thinking out of the box”, cultivating genuine connections and inspiring teams to tune in to their individual and group potential. It stimulates creativity. Besides this,...

FOREST THERAPY SUPPORTS:

Reduction of work
related stress

Increase
in clarity
and focus

Individual
and team
subjective
well-being

A sense of originality and
creative problem-solution

Deeper individual
relationships between
teammates

Strengthening
of creative
collaboration
and teamwork



Ref: Depression and Other Common Mental Disorders,
Global Health Estimates. WHO. 2015 See full Report [HERE](#)



Ref: WHO quantified the losses caused by declining labor productivity
in companies in the European region to EUR 129 billion per year



Ref: The annual cost associated with burn-out in
the global economy is estimated at EUR 288 billion



Ref: Neuropsychiatric disorders and other points

More Information 

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