

Health Benefits of Forest Bathing

"The art of healing comes from nature, not from the physician." Paracelsus

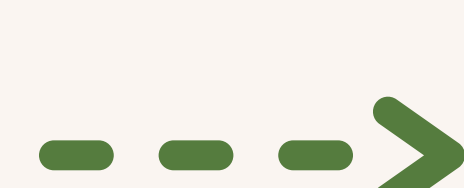
DocLexiLoch(R)

What is Forest Bathing?

Forest bathing is derived from the Japanese phrase "shinrin-yoku" that was coined in the 1980s. Immersing yourself in a forest, natural setting (park, backyard), or even watching nature videos can have positive impacts on all body systems. Scientific research shows that people who interact more frequently with green space report improvements in their overall quality of life, compared to people who live in more urban settings. Forest bathing has positive effects on the mind, body, and spirit.



BODY



MIND



SPIRIT

Supported by Science

There are over 22,000 studies on Forest Bathing or Forest Therapy. Research strongly supports nature's positive effects on our entire being: **body, mind, and spirit.**



Body

- Decreases pain and inflammation
- Decreases heart rate and blood pressure
- Boosts the immune system



Mind

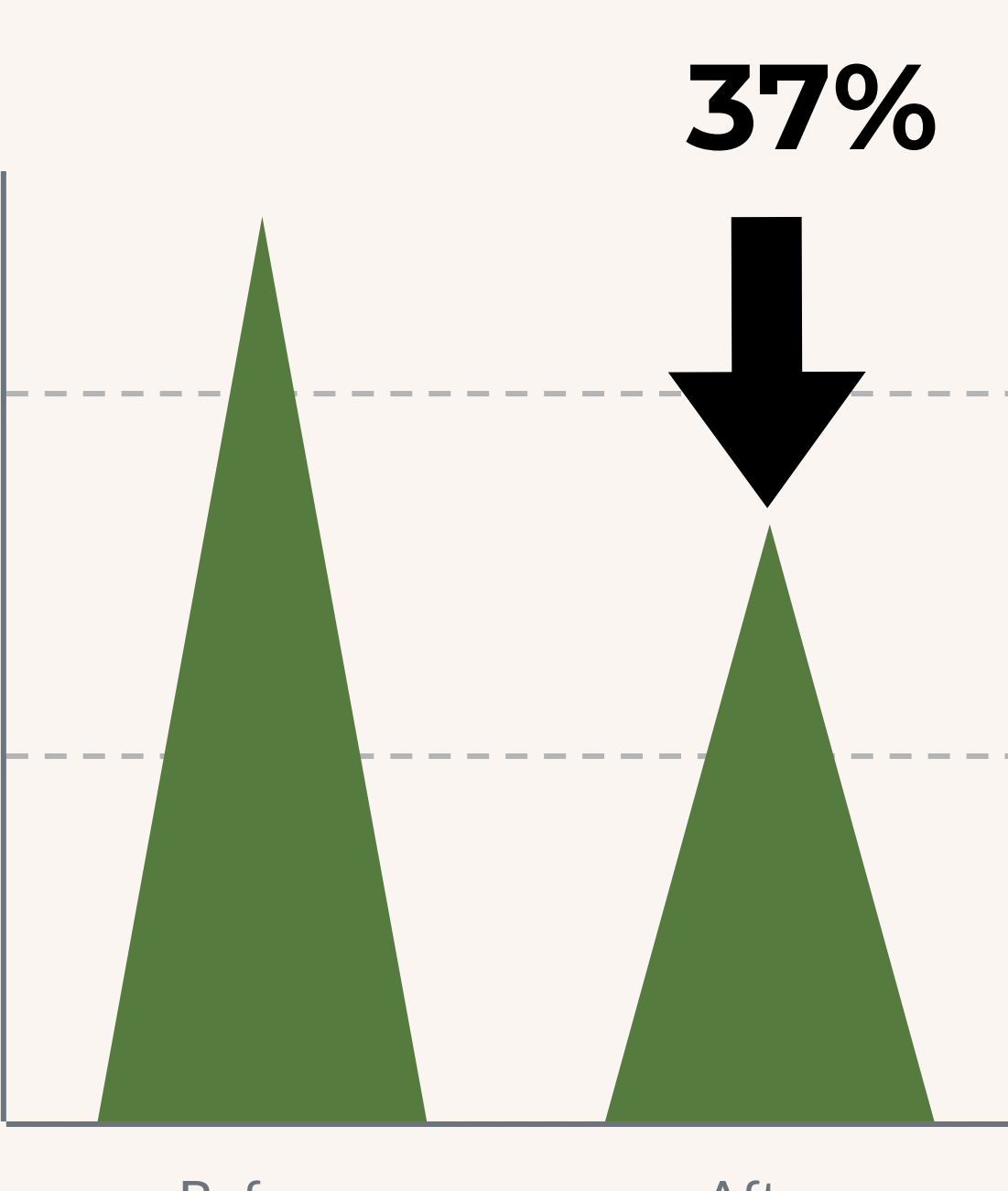
- Decreases stress levels
- Decreases depression and anxiety
- Increases our "rest and digest" (parasympathetic) nervous system



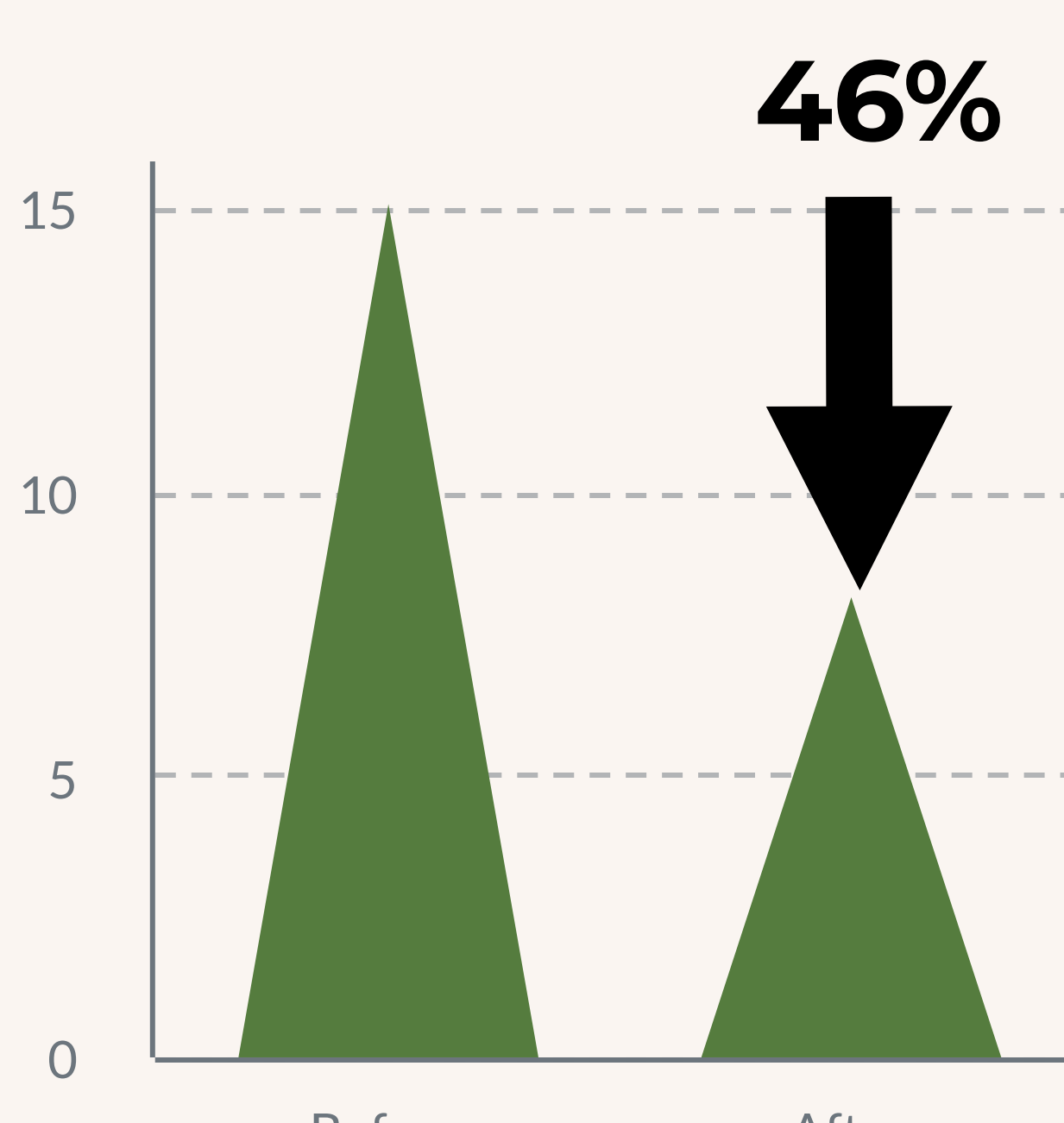
Spirit

- Creates a sense of belonging and connection
- Creates a feeling of sacredness
- Increases positive feelings about self and others

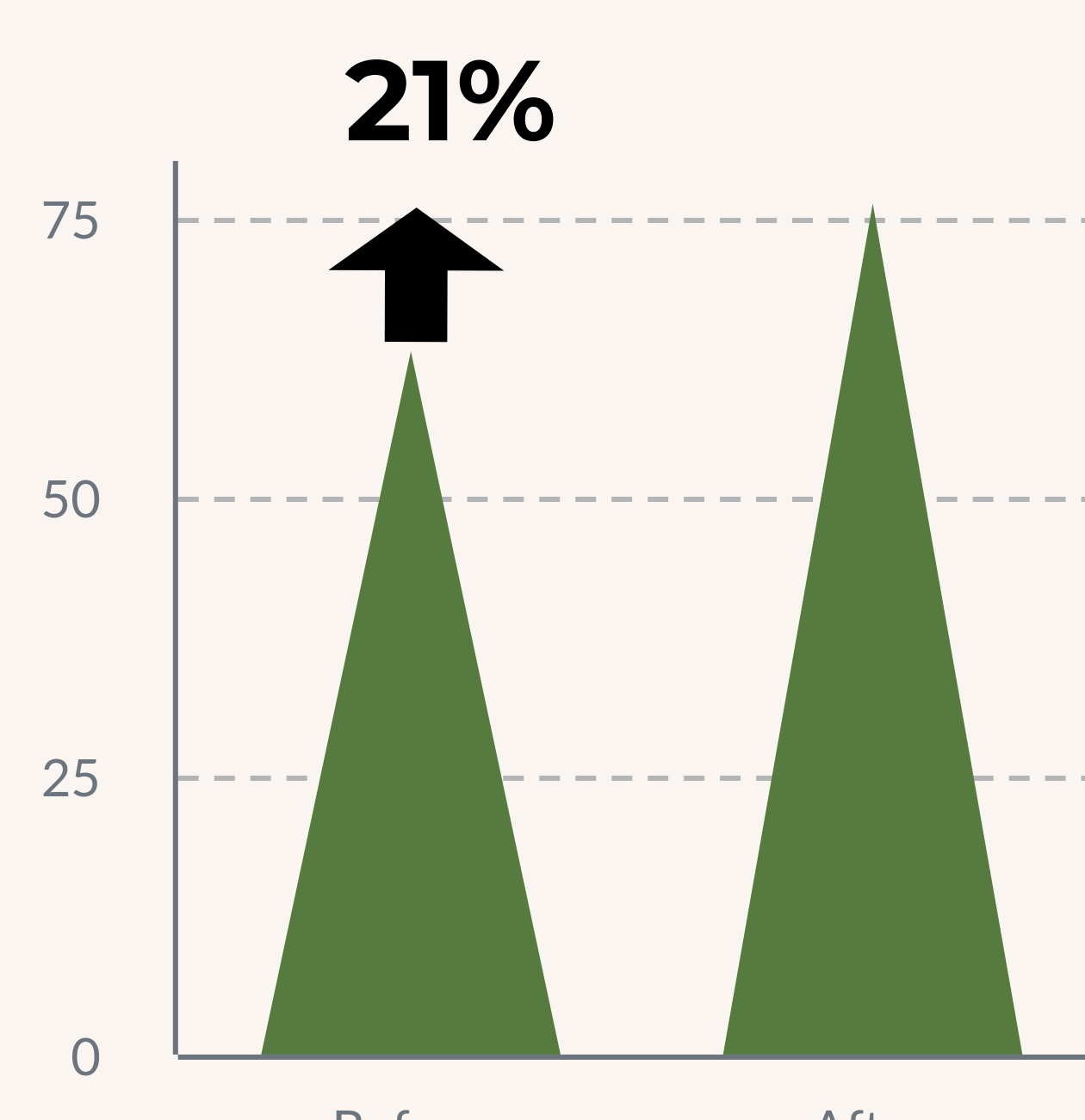
Forest Bathing Statistics



Decreased Pain by 37%



Decreased Depression by 46%



Improved Quality of Life by 21%

Int.J Environ Res Public Health, 2016

Increasing Time in Nature

1

Visit a Park

Parks are a great place to gather with friends, family, or community members. Even 15 minutes in an urban park has been shown to decrease stress levels and heart rate.



2

Take a Hike

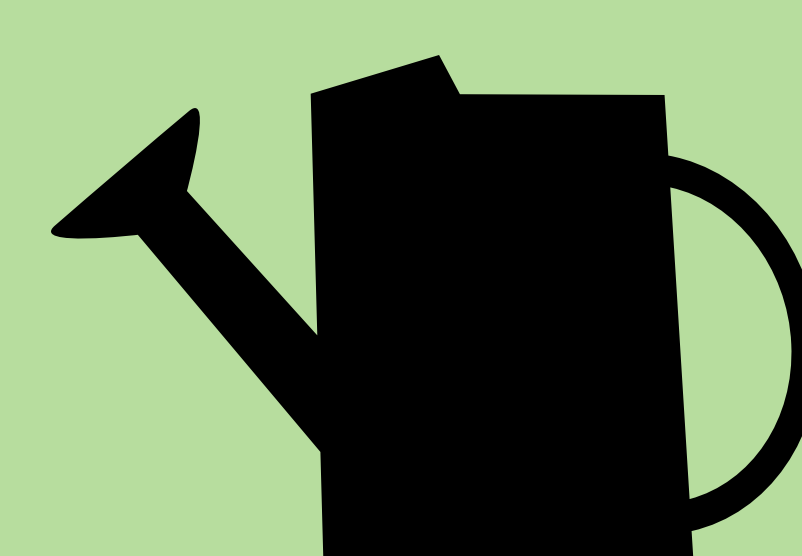
Walking in nature can increase immune cell activity and last a week afterwards. Smelling flowers or plants has been shown to reduce stress and improve well-being.



3

Plant a Garden

Touching plants creates a sense of calm and well-being. Even one houseplant or potted herb can do the trick! Try growing basil or oregano to add to your meals.



4

Watch Nature Programs

If you aren't able to get out into nature, watching nature programs or natural landscapes on a device (TV, smartphone, etc.) can have positive effects on mood and mental health.



Having 10 or more trees per city block creates a feeling that is equivalent to an annual salary increase of \$10,000.



- [Shinrin-Yoku \(Forest Bathing\) and Nature Therapy: A State-of-the-Art Review \(nih.gov\)](#)
- [The Effects of Forest Therapy on Coping with Chronic Widespread Pain: Physiological and Psychological Differences between Participants in a Forest Therapy Program and a Control Group \(nih.gov\)](#)