

NATURE- BASED THERAPY

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FOREST THERAPY HUB

- Based in Lisboa, Portugal
- The **FTHub Method** is a practical tool for designing mindful nature connection activities and planning them in various sequences to promote nature connectedness under the theoretical principles of human-nature interaction, scientific evidence and the conceptual framework of Planetary Health.

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DISCLOSURES

- None

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OBJECTIVES

- Learn the definition of forest bathing
- Learn the benefits to individuals and groups
- Review elements of a nature based well being plan
- Experience nature-based tools that deepen one's connection with the natural world

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INTRODUCTION



What is Forest Bathing?

- It is all about bathing in the *forest atmosphere*, or taking in the forest through our senses.

Specifically, it is a well-being immersive practice that utilizes the therapeutic and restorative effects of nature for improving our health and well-being.

Think of forest bathing as a bridge. It bridges the gap between ourselves and the natural world.

Elements of a Forest Bathing Walk

- Forest Bathing utilizes all the senses to connect with nature.

In general, we begin with opening our mechanical senses first, followed by the chemical senses.

It is a series of Nature Activities which aim to stimulate a connection with nature, benefitting us either immediately or over time.

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INTRODUCTION



Relationship Between Nature and Health

- Nature has the ability to affect us physically, socially, psychologically, spiritually, and planetarily, touching on all aspects of our lives

Scientific Evidence

- The trees all around us naturally give off chemicals called phytoncides which have proven health benefits.

We evolved among trees, breathing in these compounds. When we breathe in these chemicals, our bodies increase the number and activity of the leukocytes.

Forest bathing can decrease blood pressure and heart rate, boost the immune system, and much more.

What are the benefits?

- 3 There are many benefits of this practice:

1. Improves perceived health + well-being
2. Co-therapeutic effect
3. Mental health
4. Promotes interaction and social cohesion
5. Strengthens immune system
6. Maintains cardiovascular health
7. Decreases morbidity and mortality rates
8. Reduces overweight and obesity

Improves our body, mind, spirit, social, and planetary states

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GOALS OF A NATURE WELL BEING PLAN

A well-being plan is a therapeutic plan, A prescription to utilize the benefits of Nature

For Our Clients:

- Integrate the plan into daily life
- Adapt the plan as needed
- Eventually create a plan themselves
- Integrate knowledge learned from the practice (the environment and well-being intimate relationship) and convert this into skills for everyday life and well-being

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BECOME AWARE OF THE TOOLS

- Slowing down is key for sticking to a daily well-being plan
- This means becoming aware of easy access tools like our senses and breath
- i.e. Deep Breathing for 5 minutes daily will help us get in touch with our body
- i.e. 5 Senses exercise for 5-10 minutes daily helps us to engage all our senses and sit in awe of nature

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STEP 2 BARRIER ASSESSMENT + CREATE TECHNICAL ROUTINES



Specific	Measurable	Attainable	Relevant	Time-Bound
Make sure your goals are focused and identify a tangible outcome. Without the specifics, your goal runs the risk of being too vague to achieve. Being more specific helps you identify what you want to achieve. You should also identify what resources you are going to leverage to achieve success.	You should have some clear definition of success. This will help you to evaluate achievement and also progress. This component often answers how much or how many and highlights how you'll know you achieved your goal.	Your goal should be challenging, but still reasonable to achieve. Reflecting on this component can reveal any potential barriers that you may need to overcome to realize success. Outline the steps you're planning to take to achieve your goal.	This is about getting real with yourself and ensuring what you're trying to achieve is worthwhile to you. Determining if this is aligned to your values and if it is a priority focus for you. This helps you answer the why.	Every goal needs a target date, something that motivates you to really apply the focus and discipline necessary to achieve it. This answers when. It's important to set a realistic time frame to achieve your goal to ensure you don't get discouraged.

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BARRIER ASSESSMENT + CREATE TECHNICAL ROUTINES

A FEW IMPORTANT POINTS TO REMEMBER AS ONE BEGIN'S A FOREST BATHING JOURNEY

BE KIND AND SMART-

AIM FOR THE "SWEET SPOT"

- CHALLENGING BUT ACCOMPLISHABLE
- CONSIDER YOUR SCHEDULE AND LIMITATIONS
- PLAN AHEAD FOR POTENTIAL BARRIERS
- DON'T LET A SLIP BECOME A FALL
- BE EASY ON YOURSELF!
- FOREST BATHING SHOULD MAKE YOU FEEL BETTER, NOT WORSE

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EXAMPLE OF A NATURE BASED WELL BEING PLAN

Activity: May include activities such as Tree Music, Step to Step, UP, any activity that engages the senses	Dose/frequency
Sit Spot Txoko, an outside spot, but also a home spot in inclement weather le Garden Journal (gratitude re: nature connections)	15 min daily 2-3X weekly and this includes indoor plants, or contemplating her view of plants from her window. Can be brief, 3-4X weekly
City park	20-30 3X/week
State Forest May include: Step To Step, Tree Music, UP, Tea Time	Weekend with friends (Sat morning)
Nature Art	Once a month with friends
Mindful eating	6 meals a week

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WHEN ADAPTING A PLAN, CONSIDER:

- CONNECTION**- INCLUDE FAMILY, FRIENDS, NEIGHBORS INTO WALKS WHEN POSSIBLE
- BE ACTIVE**- ESPECIALLY IMPORTANT FOR THOSE IN SEDENTARY OR OFFICE WORK.
- TAKE NOTICE**- BE CURIOUS, NOTICE THE WORLD AND SEE THE EFFECTS.. BRING ATTENTION TO THE SENSES.
- KEEP LEARNING**- NATURE CONNECTION ACTIVITIES ARE A CONTINUOUS SOURCE OF LEARNING AND AWARENESS, ABOUT ONESELF AND THE LARGER WORLD Y
- GIVE TO OTHERS**- FOLLOWING A NATURE WELL-BEING PLAN OFTEN BRINGS A GREATER SENSE OF CALM, FOCUS AND APPRECIATION FOR THE WORLD AROUND YOU.. FREQUENTLY THIS LEADS TO A DEEPER CONNECTION TO THE PEOPLE IN YOUR LIFE AND A DESIRE TO SHARE WITH OTHERS.

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LINKS/REFERENCES

- [What is Forest Therapy, by Forest Therapy Hub – YouTube](#)
- [Projects and research \(foresttherapyhub.com\)](#)

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EXPERIENCE

- Nature connections

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