

# FOREST BATHING



**Forest bathing is a great way to get closer to nature and to discover the magic of the forest with all your senses. The calming effect of forest baths also has a scientifically proven positive effect on your health.**

**Health benefits:** It can lead to enhanced mental sharpness, stress reduction, improved sleep, and a stronger immune system. **Where:** In the forest.

**Duration:** 1-3 hours.

**Preparations:** You can do this activity by yourself or in a group. If you are doing this activity in a group, make sure you appoint a leader who sets the pace and shows the way. Avoid talking to each other until the end of the activity. Decide where to go and preferably follow a marked forest path so can relax in the moment, feel safe, and secure. Dress comfortably, with several layers and according to the weather. Feel free to bring something good to eat and drink and something you could sit or lie on, such as a sitting- or sleeping mat.





## THIS IS HOW YOU DO IT:

1. Put aside all your goals and expectations and turn off phones and other technology devices so you can be fully present in the moment. Start walking at a slow pace, in silence, and let your senses guide you where they want to go. Look, listen, feel, smell, and taste your surroundings.
2. Take regular breaks to explore your surroundings from a closer look. Discover which animals and plants live here. Hug a tree, touch the moss, or smell a flower. Feel the different textures of nature, look at the different patterns and take in all the beauty nature has to offer. Feel the wind on your face.
3. Find a cosy place where you can remain undisturbed. Sit or lie down and listen to the sounds around you. Consciously take deep breaths from your stomach. Close your eyes during this exercise if you want to. Notice how the animals' presence and the whispers of the wind become clearer and that you experience yourself closer and closer to nature.

When the thoughts come, gently turn back your attention to your body and your senses. Allow yourself to remain in this state for at least 20 minutes before you start moving your fingers and toes to slowly come back and finish the exercise.

### **Tips:**

- Walk barefoot to feel in contact with the ground, if the weather and the ground permits you to.
- Take notice of how you feel in your body, mind and soul both before and after the forest bath.

