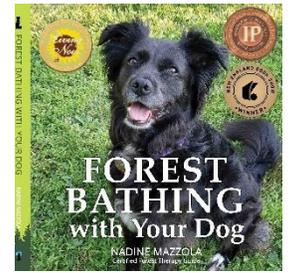




Forest Bathing



Taking in the atmosphere of the forest with all of our senses, for our **health, healing and wellbeing**. This is forest bathing in a nutshell, and, it is so much more. Forest bathing is something that can be done on your own or with others. There is something very special about being with others while doing this practice. You can let go of time and be guided in a series of sensory invitation that foster connection. There is a way in which we not only connect with nature, we also connect to our relationships with nature, with each other and with ourselves. Coming out of this time of forced isolation it is important that we connect with nature, each other, and ourselves. Below are some tips for practicing forest bathing on your own. I'd also like to invite you to attend a guided forest bathing class with me. You can find my schedule here: <https://www.nenft.com/events-page>.

Here are some tips for forest bathing on your own:

Be Safe: Keep track of where you are. Bring water and an extra layer if it is cool. Know what poison ivy looks like and do a quick tick check before you get in your car and again when you get home. Find a place that both is and feels safe.

Where to Go: Anywhere!: A nearby trail, park, meadow or even your yard or garden. Anywhere where people and nature meet.

When to Begin: Give yourself some time to just arrive. Do what feels right for you. Look around, stretch, or burn off some energy first, then allow your body to find a place to sit or stand that feels good. You may naturally slip into a slow wander and start that way. That's your starting point.

How to Begin: Consider how best to keep your phone from interrupting you. There are a variety of options. Decide what will be best for you. Begin by simply setting the intention to begin. Be clear with yourself that you are going to forest bathe for a time and that you will flow with whatever the forest offers. Let yourself use your senses to follow your curiosity and enjoyment.

Exploring the Senses and Slowing Down: Pause to listen, smell, and touch. Look around. What catches your eye? Look at things up close. Linger and explore further. Saunter. The destination is here. Don't have an agenda. Let your body, enjoyment and curiosity guide you. As poet Mary Oliver writes in her poem *Wild Geese*: "Let the soft animal of your body love what it loves."

Wander slowly. Pause from time to time. Notice your surroundings with your senses. Look closely at a leaf, touch a rock, smell the variety of scents. Sip the air. Does it have a taste, a texture or something else we don't quite have words for? Listen to the other sounds around you: birdsong, water running, leaves in the breeze.

Perhaps sit for a while and notice how the behavior of the birds and other animals change when they become used to your presence.

- If you go with others, consider making an agreement to spend some time in silence.
- If you go with kids, make a game out of resisting the urge to talk.
- If you go with your dog, Nadine has some great tips on her [website](#) and in her book to make the experience better for both of you.
- Make things more impactful and build community by sharing your experiences with each other afterwards.

How Long to Forest Bathe: This depends on how much time you have. A minimum of twenty minutes is recommended, but if you only have a brief moment to spare, then that is what you have. You can also spend hours forest bathing. Time seems to stand still when you immerse yourself in the practice.

How to Finish a Forest Bathing Session: Set an intention, finish, and mark it in whatever way feels right. Allow the land and the moment to guide you.

It's a Practice: When done regularly—once a week, once a month, every day, or somewhere in between —forest bathing becomes a practice that deepens with time and leads us to form or reconnect to our own relationship with a particular place.

I have met with but one or two persons in the course of my life who understood the art of Walking, that is, of taking walks—who had a genius, so to speak, for sauntering

—Henry David Thoreau, from his essay “Walking”



Research

1. A Website:

Immerse Yourself in a Forest for Better Health, New York Department of Conservation: dec.ny.gov/lands/90720.html

2. A Book:

The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative, by Florence Williams (see the Resources section in the back of the book for a list of other recommended reading)

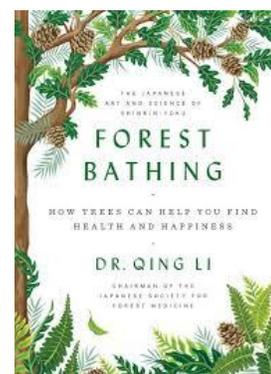
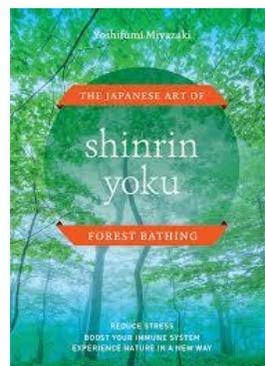
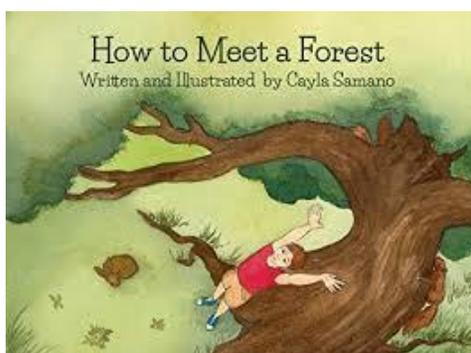
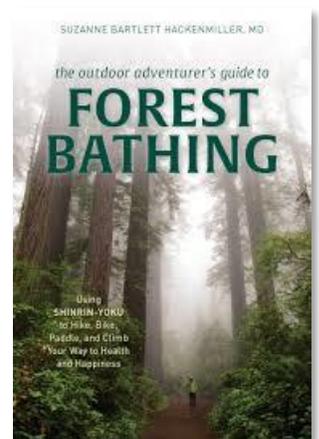
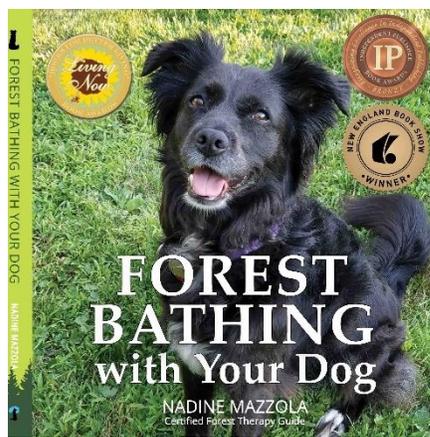
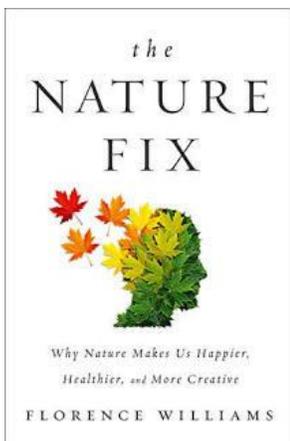
3. Summary of Published Research:

Shinrin-Yoku (Forest bathing) and Nature Therapy: A State-of-the-Art Review, Margaret M. Hansen,* Reo Jones and Kirsten Tocchini. : [ncbi.nlm.nih.gov/pubmed/3580555/](https://pubmed.ncbi.nlm.nih.gov/3580555/)

4. Terpenes from Forests and Human Health

Kyoung Sang Cho,1,2 Young-ran Lim,1 Kyungho Lee,1,2 Jaeseok Lee,1,2 Jang Ho Lee,1 and Im-Soon Lee1,2: [https://www.ncbi.nlm.nih.gov/pubmed/35402865/](https://pubmed.ncbi.nlm.nih.gov/35402865/)

Recommended Reading



Nadine Mazzola, Award-Winning Author and Certifier Forest Therapy Guide

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