

# FOREST BATHING



Forest bathing is a nice way to get closer to nature and discover the magic of the forest with all your senses. The soothing effect you get from forest bathing has a scientifically proved positive impact on your health.

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

**Time:** 1-3 hours

**Preparations:** You can do this activity alone or together with others. If you are several people, make sure to appoint a leader who sets the pace and shows the way, and do not speak to each other until afterwards. Decide where to go, and preferably follow a marked forest pathway so you do not get lost. Dress comfortably, in multiple layers and according to the weather. Bring along something nice to eat and drink as well as a simple sitting- or sleeping mat.



## THIS IS HOW YOU DO IT:

1. Put all your goals and expectations on hold and turn off your telephone as well as all other technical devices, so you fully can be in the present. Start hiking in a leisurely pace, in silence, and let your senses guide you where they want to be. Look, listen, feel, smell and taste your surroundings.
2. Take regular pauses to explore the surroundings a little closer. Discover which animals and plants that live here. Hug a tree, touch the moss or smell a plant. Feel the different textures of nature and look at its patterns and take in the beauty of the nature. Feel the wind against your face.
3. Find a cozy spot where you can find yourself completely undisturbed. Sit or lay down and listen to the sounds all around you. Breathe deeply and consciously, deep down in your stomach. Close your eyes if you want to. Notice how the presence of animals and the whispers of the wind are becoming clearer and that you are experiencing yourself getting closer and closer to nature.

When your thoughts come across, focus your attention gently on the body and the senses again. Allow yourself to be in this state for at least 20 minutes before you start to move 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.

