



The tremendous benefits of forest bathing

Forest bathing has hit the headlines in the UK recently, when the Woodland Trust suggested it should be recommended by GPs to boost wellbeing. The Japanese have practiced it for years, so what is forest bathing, and what are its benefits?

Forest bathing is taking time out to slow down and connect with nature. It is known as shinrin yoku in Japan, and has been practiced there since the 1980s. It is thought to be beneficial for both mind and body by boosting the immune system, lowering blood pressure and stress hormones, improving concentration and memory, and promoting sleep.

Forestry England has recently endorsed the practice as a way of regaining balance and escaping the pressures of everyday life. So how do you forest bath?

Turn off your phone

You don't want any distractions!

Go slow...

Take your time, walk slowly or even stop. Relax and make sure you are taking in your surroundings.

Breath deeply

Breath out for twice as long as your in breath. This helps you to relax.

Stop

Stand, sit or even lie down. What can you see, smell, hear, feel? Keep your eyes open to experience the relaxing colours of nature.

Stay awhile

Build up to the recommended two hours for maximum health benefits.

