METSÄTERAPIA
SEMLIN YOG 산림욕

NATURE PILL

NATURE THERAPY

SHINRIN-YOKU 森林浴

ECO THERAPY

TERAPIA FORESTAL

SENLIN LIAOFA 森林療法

SKOGSBADNING

WALDTHERAPIE

FOREST BATHING

FOREST IMMERSION

BAIN DE FORÊT

SKOGSTERAPI

Numerous studies have provided relatively strong evidence that experiences in natural settings have restorative outcomes.

An important implication of some of these findings is that these restorative effects can be realised in a range of natural settings that include urban parks and wilderness areas.



## RESTORATIVE OUTCOMES OF Immersing in Nature

MENTAL BENEFITS





PHYSIOLOGICAL BENEFITS

PHYSICAL BENEFITS





#### Immersing in Nature

LOWER HEART RATE

IMPROVED MOOD

IMPROVED HEART RATE VARIABILITY

ENHANCED IMMUNITY

INCREASED PHYSICAL ACTIVITY

**BENEFITS** 

REDUCED ANXIETY

REDUCED STRESS

IMPROVED COGNITION



# Immersing in Nature CHECKLIST



Switch off devices





Slow down and wander





Engage your senses





Slow your breathing





### Immersing in Nature

GO PLANT-BASED

PROTECT NATURE

REPORT ISSUES

SUPPORT EVENTS

TAKING ACTION

PICK UP RUBBISH

PLANT & REINSTATE

BE MINDFUL

**LEARN** 





JOIN OUR MOVEMENT OF OUTDOOR
ENTHUSIASTS THAT NOT ONLY
APPRECIATE THE IMPORTANCE OF NATURE
BUT ALSO TAKE ACTION TO PROTECT IT.

Go to our website and find more details under the 'Taking Action' tab.

www.thelentilintervention.org



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