



Forest Bathing

For physical and mental wellbeing and resilience

What is Forest Bathing?



Immersing yourself gently and quietly in nature.







Forest Bathing Fundamentals



1

Find a green
space.



2

Slow down.



3

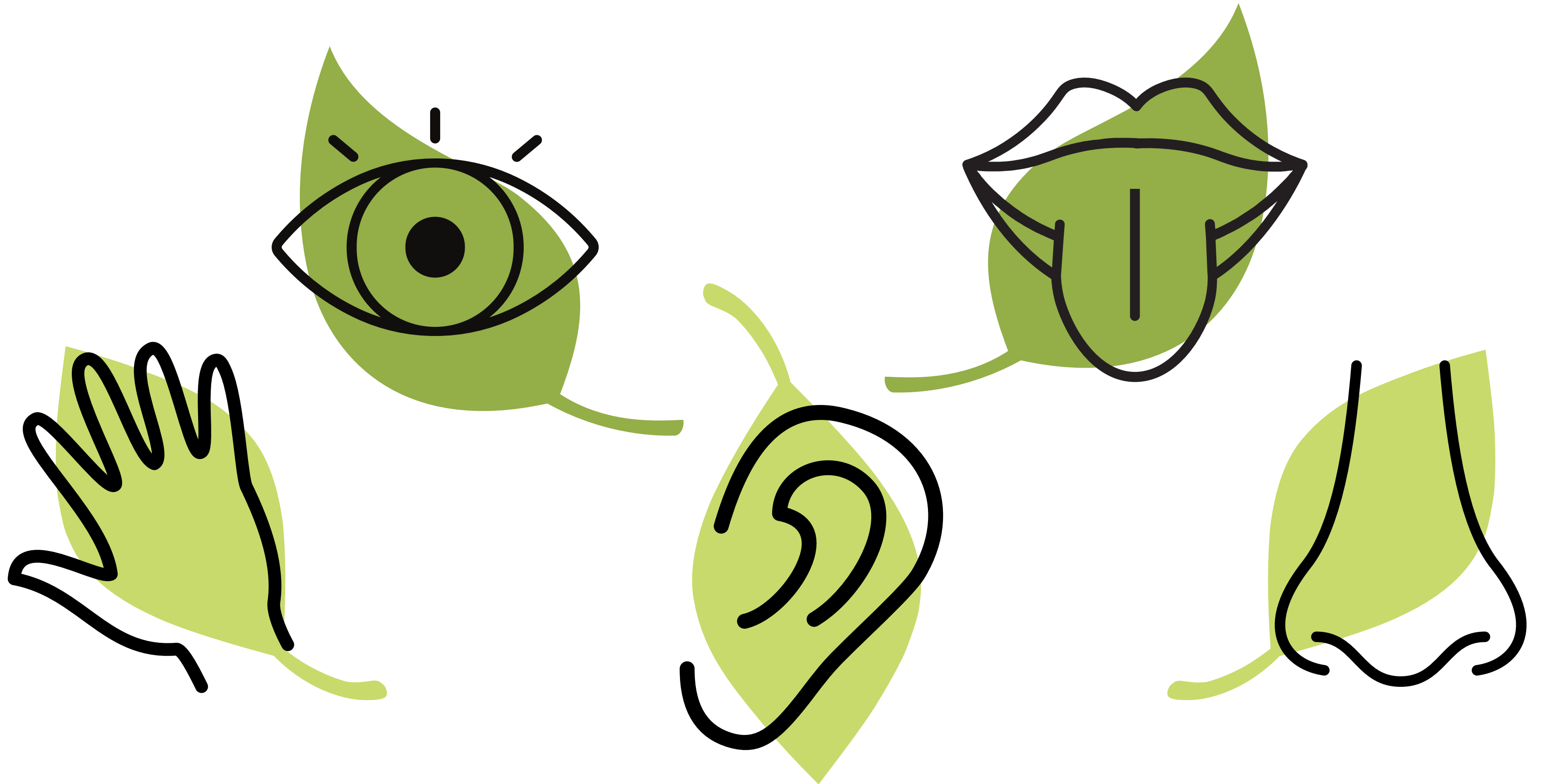
Breathe
consciously.



4

Notice
everything.

Inviting you to engage your senses



What are the benefits?



Improves gut function, flora and digestive function.



Improves mood, alleviates symptoms of depression and anxiety.



Improves quality and quantity of sleep.

What are the benefits?



Lowers blood pressure
and increases
cardiovascular health.

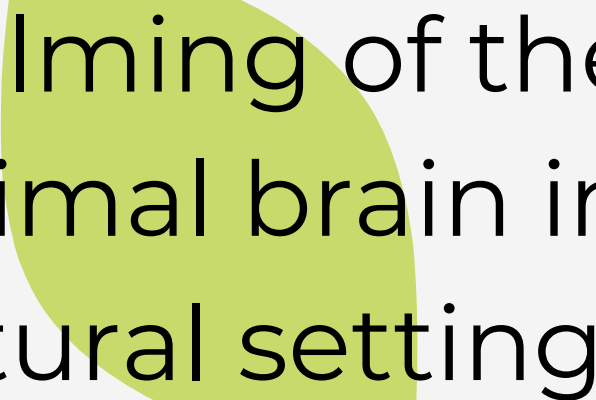


Decreases
symptoms of
chronic stress.

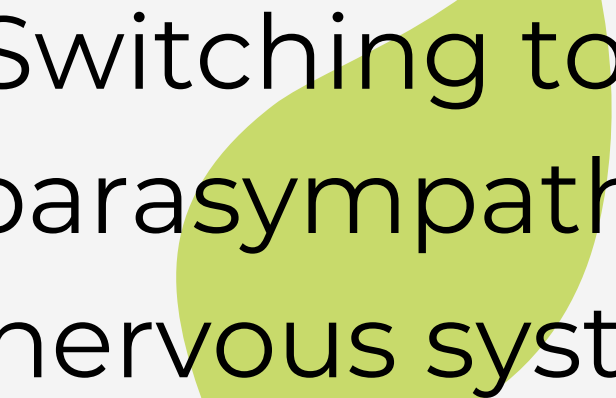


Increases the number,
and activity, of Natural
Killer cells.

Why does it work?



Calming of the
primal brain in
natural settings.



Switching to the
parasympathetic
nervous system.



Absorption of
phytoncides
and old friends.



Processing
gentle data.

Evolutionary biology

How forest bathing can aid with recovery?



1. Reduction in Stress and Anxiety

2. Improved Mood and Emotional Well-being

3. Enhanced Immune Function

4. Better Sleep Quality



5. Physical Relaxation and Lower Blood Pressure

6. Cognitive and Mental Clarity

7. Reconnection with Nature and Mindfulness

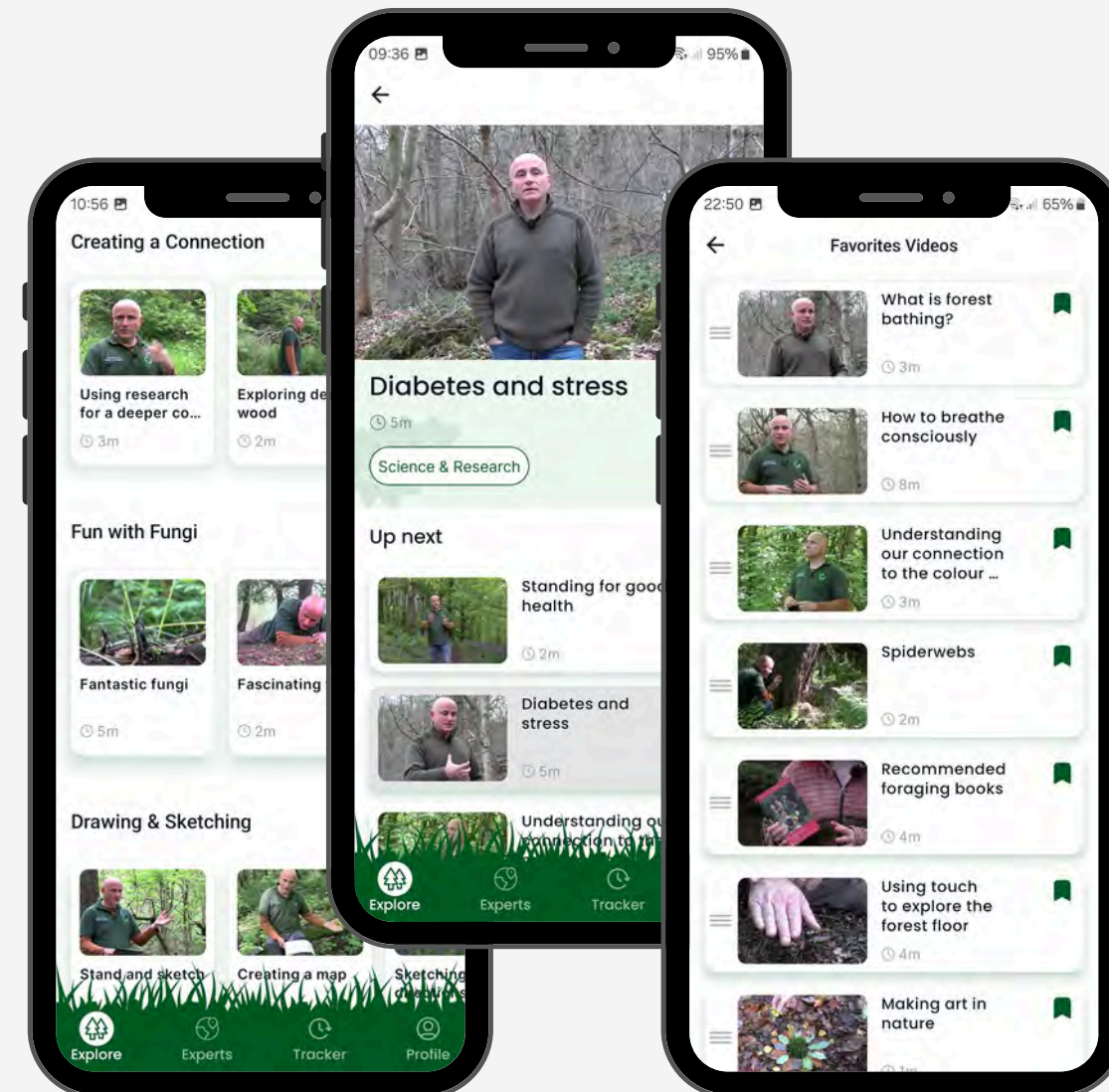


8. Social Connection: sense of empowerment and connection to self and the world around us

How do Hawk and Heath support organisations?



Group sessions



Remote support



Training

Any questions?



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