15-Minute Forest Bathing

Forest Bathing, or Shinrin-yoku, is a simple Japanese relaxation activity for people of all ages to de-stress and boost their health and well-being.

BEFORE YOU BEGIN

• Find a place near trees or where you feel surrounded by nature.
• Commit to giving yourself 15 to 60 minutes to participate in this activity.
• Avoid distractions such as talking or using your phone or other devices.
• When your attention wanders, gently bring it back to one of the three steps below.

1. BE SLOW, BE STILL
Walk slowly or sit somewhere comfortable. This will help you notice as much as possible.

2. WAKE UP THE SENSES
What do you see, hear, smell, taste, feel? Can you become aware of one sense at a time? Notice how it feels.

3. BREATHE AND SAVOR
Each time you find something that interests or pleases you, hold your attention with it for a few moments. Be curious. Have fun.

CLOSING
When you are done, check in with how you feel. Then take a deep breath and enjoy the rest of your day.

For more information and to share about your experience go to: https://botanicgardens.uw.edu/washington-park-arboretum/activities/forest-bathing/