

Pathways to Independence

Accessible Nature Wellness Programs

To Foster Wellness, Resiliency & Community

TD Park People Grants



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- A photograph of a forest scene. In the foreground, a tree trunk is covered in vibrant green moss and ferns. The background shows several bare, light-colored tree trunks against a clear blue sky. The overall atmosphere is serene and natural.
- **3 Online Nature Wellness Workshops**
 - **Forest bathing/mindfulness practices**
 - **Information about accessible parks**
 - **Free - Thanks to a TD Park People Grant**
 - **Partners are IFRC, TFL & EcoWisdom**

More info

Instagram: [Contemplative_Forest_Bathing](#)

Based on research in areas of:

- Forest medicine
- Neuroscience
- Health & urban greenspace

Using:

- Nature photos & videos
- Guided nature mindfulness exercises
- Shinrin-yoku or forest bathing practices
- Direct experience (indoors &/or outdoors)
- Opening the senses!

On-line

- Gather as a supportive community online
- Share park and nature experiences

On-site

- Encourage visits to accessible parks & greenspaces



Benefits of Forest Bathing

- Physical Immunity & Relaxation
(Increased natural killer cells to fight infection, slows heart rate, lowers blood pressure, regulates blood sugar & lowers levels of cortisol which is a stress hormone)

- Emotional Health
(improved mood, and perceived quality of life, reduced depression and anxiety)



Benefits of Forest Bathing

- Social Connection
(increased empathy, selfcare and understanding of interdependence)
- Cognitive Function
(improved sustained attention & memory)
- Creativity
(increased artistic inspiration)
- Spiritual Wellbeing
(increased spiritual connection)



Mirror Neurons & Visualization

- When we view another body moving through or connecting to nature, our brains are activated in the same area as the person experiencing direct connection
- Visualization: our brains and bodies do not know the difference (ourselves, others, imagining)
- Visualizing yourself in nature and looking at nature images/videos mindfully can offer similar health benefits to being in direct contact with nature

