



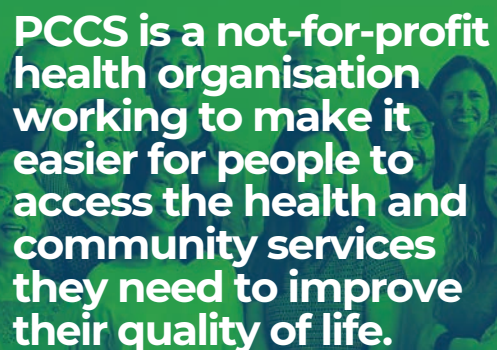
Need Help?

Talk to our friendly team at PCCS to find out how you can access Forest Bathing.

You may be eligible under a number of publicly funded programs to access Forest Bathing as part of your services. Our team are happy to advise you.



Connect with us



PCCS is a not-for-profit health organisation working to make it easier for people to access the health and community services they need to improve their quality of life.

For more information



(07) 3186 4000



enquiries@pccs.org.au



pccs.org.au



2570 Gold Coast Highway,
Mermaid Beach, QLD 4218

Approved NDIS Provider No. 4050003929
ABN: 92 154 673 793

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Managing your stress naturally

Forest Bathing

A practical program that addresses the impact of stress on physical and mental health using a recognised, evidence-based practice.





What is Forest Bathing?

First established in Japan in the 1980s as a stress management and relaxation technique, *Shinrin-Yoku* or Forest Bathing has become recognised as an evidence-based health practice.



Forest Bathing involves spending time in nature in a calm and mindful way. The goal is to be fully immersed in nature by consciously using all the senses in a forest environment.

It's about rediscovering a sense of calm in a busy world, and letting go of stress and worry.

International studies have shown a variety of health benefits to the cardiovascular and immune systems, as well as improving mood and concentration.



What happens in a Forest Bathing guided walk?

Led by your expert guide, a typical walk includes:

- Pre-walk measurements & introduction
- **Forest & local environment introduction.** An overview of the physical space including ecological, historical and cultural information.
- **Sensory activities.** These are designed to 'ground' participants using a combination of breathing exercises and gentle physical movements.
- **Creative activities.** These are designed to facilitate mindfulness in the forest environment through interactions with nature, enhancing creativity.
- **Quiet time.** This is an opportunity for participants to sit quietly and observe nature in a safe and calm environment.
- **Sharing experience.** Participants are invited to share their favourite part of the experience over a cup of tea.
- Post-walk measurements and goodbye.

Who are the Guides?

Forest Bathing Guides are specially trained to lead you through your experience. Depending on group size, they may be accompanied by an allied health worker.

What are the benefits?

Forest Bathing is a great way to get outside and reconnect with nature. It's not a hike but a slow, mindful walk through green spaces where you can take in all that nature offers.

- Rediscover your inner peace among the trees and natural environment as you experience the sights, sounds, smells, and textures of the forest.
- Fresh air and natural aromatherapy compounds are known to improve immune system performance.
- The shared experience of a guided group walk increases social connectedness and reduces isolation.

