Get shleepy with Shinrin-Yoku, 'Forest Bathing'

Ear plugs, bubble baths, listening to the radio - whatever your favourite way of trying to get a refreshing night's sleep, you can now add shinrin-yoku, or 'forest bathing' to your toolkit.

The term was first used in the 1980s, and research shows a multitude of health benefits. Forest bathing can lower blood pressure and stress levels whilst boosting your immune system. Enhaling the phytoncides (essential oils) produced by trees and plants elevates the level of 'natural killer' cells (which fight tumours and virally-infected cells) in our body. Forest bathing also improves sleep and enhances your sense of wellbeing. Sounds good, but how do you do it?

Keep it simple with these three principles: Firstly get yourself to a forest or wood and try to involve all of your senses. Don’t just look, but inhale the fresh air consciously, touch the bark or moss, really listen to the sounds in this quiet place. Secondly, make sure you are relaxed and not focused on 'achieving' anything. This is not about getting from A to B, but just about being with nature. Lastly, make sure you don’t take your worries (metaphorically or in physical form via your phone or tablet) in to the forest with you. Try to see forest bathing as time just for you and the abundant beauty of the natural world.

Visit
- St Andrews Botanic Garden
- Tentsmuir Forest
- Cardenden Woods
- Falkland Estate
- Devilla Forest
- An Edible Campus garden
- Other gardens on the estate such as St Mary’s, St Johns or the Community Garden

Read Online
The mysterious Japanese art of shinrin-yoku is coming to Britain – but does it really improve your health?

5 Simple Steps to Practising Shinrin-Yoku
https://www.growwilduk.com/blog/2015/12/03/5-simple-steps-practising-shinrin-yoku-forest-bathing

Books
Forest Bathing by Dr Qing Li
Shinrin-Yoku by Professor Yoshifumi Miyazaki
Your Guide to Forest Bathing by M. Amos Clifford