



Healthy Trees, Healthy Lives

Forests and trees play an important role in maintaining our health. Spending time near trees can promote a sense of connected wellness, improving bodily functions and even reducing the risk of certain diseases and cancers. *How do you spend time with trees?*



3 Min

Breathe Easy

Trees help us breathe easier and support our lung health by producing clean oxygen and capturing pollution in our air. *Breathe deeply for 3 minutes. What are you noticing?*



20 Min

Heart Smart

Trees support heart health by releasing natural particles, called phytoncides, into the air. These particles activate stress-relieving hormones that help relax and restore our body and mind, reducing heart rate and blood pressure. *Spend 20-30 minutes near a tree to experience the effect.*



2-3 Days/Wk

Peace of Mind

Regular time near trees and forests stabilizes mental health by reducing mental fatigue and feelings of anxiety and depression, while also regulating mood and improving sleep. *Routinely spend time near trees to feel the effects.*



Explore more benefits and programs

Sense and Connect



Nature immersion and forest therapy are excellent tools for healing and repairing connections between our mind and body. Find your forest and follow along with the sensory invitations below. Before you begin, check in with yourself — *What does it feel like to be you today?*

Step 1: Arrive and Notice

10 Min

With gentle focus and permission to observe things you wouldn't normally observe,

What—or who—is in motion around you?

Like turning a dial, tune into one sense at a time and allow your attention to drift and be drawn to the sights, sounds, smells, tastes, and textures of nature. *What do you notice?*

Step 2: Breathe

5 Min

Inhale deeply. Imagine you can trace the oxygen as it passes beyond your lungs and through your body. What does it feel like to breathe air created by the trees around you?

Step 3: Tiny Treasures

10 Min

Wandering about with nothing to achieve and nowhere to be, notice the the tiny treasures you encounter along the way.

Step 4: Open to Wonder

5 Min

Find a place to pause and be still. Close your eyes. When you're ready, open them and allow the world to show you something you've never seen before. Repeat in all directions.

Noticing the health benefits of nature?
Explore more connections at

HealthyTreesHealthyLives.Org

