



Forestry England

Forests for wellbeing

forestryengland.uk/wellbeing

100 years of forestry 1919 - 2019



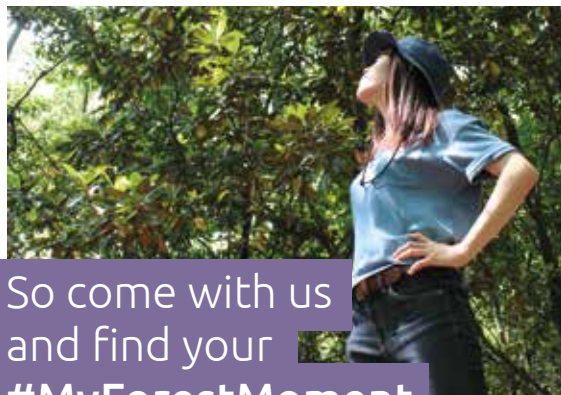
Forests for wellbeing

Forests are places where you can seek adventure, make memories or find escape.

From urban woodlands and historical places, to special habitats and vast wilderness, forests are as unique and varied as the people who visit them.

Whether it's an adrenaline-fuelled mountain bike descent or simply sitting quietly on the forest floor, heading for the trees is the perfect way to take time out.

And science backs this up too. Research shows that spending time in forests can improve our health and wellbeing.



So come with us
and find your
#MyForestMoment



Forestry England knows the huge benefit that forests bring to people's wellbeing. We hope this leaflet inspires you to visit one of our beautiful forests soon.



Forests for escape

What is forest bathing?

This Japanese practice is an ancient process of relaxation, known in Japan as shinrin yoku.

Tips for Forest Bathing

- Turn off your devices to give yourself the best chance of relaxing, being mindful and enjoying a sensory forest-based experience.
- Slow down. Move through the forest slowly so you can see and feel more.
- Take long breaths deep into the abdomen, extending the exhalation of air to twice the length of the inhalation sends a message to the body that it can relax.
- Stop, stand or sit, smell what's around you, what can you smell?
- Take in your surroundings using all of your senses. How does the forest environment make you feel? Be observant, look at nature's small details.
- Sit quietly using mindful observation; try to avoid thinking about your to-do list or issues related to daily life. You might be surprised by the number of wild forest inhabitants you see using this process.
- Keep your eyes open. The colours of nature are soothing and studies have shown that people relax best while seeing greens and blues.
- Stay as long as you can, start with a comfortable time limit and build up to the recommended two hours for a complete forest bathing experience.

Where should I go to forest bathe?

With thousands of incredible forest locations around the country you're actually quite spoilt for choice. Visit [forestryengland.uk](https://www.forestryengland.uk) to find your nearest forest.

Once you've found a destination that works for you, we recommend visiting outside of peak hours for optimum quiet time. Try bathing early on a weekend morning or on a weekday afternoon whilst the kids are at school.

Who is forest bathing suitable for?

Forest bathing exercises can be great fun for adults and children alike and useful in teaching concentration and mindfulness; whilst also providing an excellent opportunity to learn from each other.

We advise adult supervision while practicing forest bathing with children. Watch out for brambles and stinging nettles.





Forests for adventure

Forests are dynamic environments to improve your physical and mental health.

They provide a backdrop to a huge variety of activities, accommodating a range of fitness. From birdwatching and photography, to mountain biking and sled dog training.

Our senses relax under the forest canopy as we're filled with energy from experiencing the landscape, and fresh forest air.

What will your forest adventure be?



Splashes of COLOUR

Go for a walk around a local forest or woodland. Take your time, don't rush. Pick a colour to look out for, use your phone or camera to take a photo of something that catches your eye.



Share your #MyForestMoment



Forests for memories

What do trees mean to you? Take a moment to write your letter, poem, story, memory or tribute to celebrate the trees in your landscape.

Handwriting practice lines on page 8:

Handwriting practice lines on page 9:



#MyForestMoment

Forest

In fact, the trees are murmuring under your feet,
a buried empathy; you tread it.

High over your head,
the canopy sieves light; a conversation
you lip-read. The forest

keeps different time;
slow hours as long as your life,
so you feel human.

So you feel more human; persuaded what you are
by wordless breath of wood, reason in resin.
You might name them-

oak, ash, holly, beech, elm-
but the giants are silence alive, superior,
and now you are all instinct;
swinging the small lamp of your heart
as you venture their world:

the green, shadowy, garlic air
your ancestors breathed.

Ah, you thought love human
till you lost yourself in the forest,
but it is more strange.

These grave and patient saints
who pray and pray
and suffer your little embrace.

Carol Ann Duffy

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Become a member

Visiting forests can greatly enhance your wellbeing, so feel the freedom to visit all year round with our Forestry England membership.

It's also a way for you to support your local forest and help us look after these unique spaces for future generations.

You can choose a membership to one of over 30 different locations across England. Find out more at forestryengland.uk/membership

To be in with a chance to win membership to your local forest visit forestryengland.uk/winmembership

Join today

As a member you'll be supporting your local forest and get free onsite parking, forest updates and discounts.

forestryengland.uk/membership



100 years of forestry 1919 - 2019

The Forestry Commission is celebrating its centenary 2019 by inspiring people to visit forests and woodlands, and help protect them for generations to come.

The centenary year includes the largest ever survey of forest wildlife, new artistic works and commemorative tree avenues planted to celebrate 100 years of forestry.

forestryengland.uk/100

[#forests100](https://twitter.com/forests100)