

Nature Therapy or Shinrin-yoku Avon Lakes 2024.

Robert F. Brand Ph.D.

Watershed Program Manager

Office: 216-201-2001 x 1236

rbrand@ccbh.net

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5550 Venture Drive Parma, Ohio 44130
216-201-2000 www.ccbh.net



Trees & Japanese concept of Forest Bathing, or Nature therapy

- Shinrin-Yoku; immersing senses in nature with the intention of enhancing well-being.
- Active process - not passive
- Being aware - zanchin
- Practice mindfulness - tai chi chuan concept
- Scientific literature shows positive effects



Big Creek Parkway, Photograph: R.F. Brand.
Parma, Cuyahoga County, Ohio

What is Forest Bathing - Shinrin-Yoku & Nature Therapy?

- ▶ A Japanese practice of immersing oneself in the forest/nature.
- ▶ Shinrin-Yoku and/or Nature therapy are practical, pragmatic health-promotion methods to walk in nature.
- ▶ It is NOT a religion!
- ▶ Has scientific proven Physiological and Psychological health benefits.
- ▶ Sounds simple, but it is complex to practice successfully.
- ▶ Clinical Research finds Shinrin-Yoku users decrease stress and potential burnout.
- ▶ Causes a reduction of reported modern-day “stress-state” and “technostress.*”
- ▶ *Shinrin-Yoku (Forest Bathing) and Nature Therapy: A State-of-the-Art Review 2017. Margaret M. Hansen, Reo Jones and Kirsten Tocchini.
- ▶ <https://pubmed.ncbi.nlm.nih.gov/28788101>

Japanese Context for Forest Bathing

- ▶ Elements of Forest Bathing derived from numerous sources:
- ▶ Shinto, regarded as Japan's indigenous religion and as a nature religion.
- ▶ Buddhist tradition of meditation to cultivate mindfulness.
- ▶ Taoism emphasizes living in harmony.
- ▶ Tai Chi Chuan - moving meditation to cultivate mindfulness
- ▶ Okinawan karate concept of zanchin - awareness at all times

Nature Therapy in the West

- ▶ Cyrus the Great (ca.600-530 BCE) of Persia 2 500 BCE, built gardens to create sense of ‘calm’ in busy cities*.
- ▶ Doctor Paracelsus (ca. 1493-1541), Swiss-German wrote ‘The art of healing comes from nature, not from the physician’*.
- ▶ *Hansen et al. 2017

Preparing oneself for Forest Bathing

- ▶ Breathing techniques.
- ▶ Qigong - eight basic exercises to 'get mind control'.
- ▶ Auricular massage - Battlefield Acupuncture*.
- ▶ Eight Piece Brocade; Tai Chi in preparation for the short form of moving meditation.
- ▶ Okinawan martial arts concept of zanchin - awareness at all times.
- ▶ No cell phones or other distractions.
- ▶ Now; Go to the Woods!
- ▶ *Battlefield Acupuncture (BFA) Handbook, 2021

Preparing for the Outdoors

- ▶ Best way to prepare; Breathing - tame the untamed mind.
 - ▶ Use all five senses
 - ▶ Seeing
 - ▶ Smelling
 - ▶ Touching
 - ▶ Hearing
 - ▶ Tasting

Questions?

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