

## ANH's Beginner's Guide to Forest Bathing



- Turn off all devices and leave them behind to give yourself the best chance of relaxing fully and immersing yourself in the outdoors has to offer
- Slow down and take your time to move through the forest slowly so you can notice your surroundings
- Take deep breaths and exhale slowly
- **What can you smell?**
- Sit down, touch the ground pick up some soil and smell the floor of the forest
- **What can you see?**
- Look closely at the forest floor and notice the textures and different creatures. Find a tree that calls to you and look closely at its bark, the shape of its branches and leaves.  
Make a frame with your fingers so you can concentrate on a specific area - possibly sit down for a bit and soak up some of the tree's silent sovereignty
- Look into the distance, focusing on different elements of the landscape
- **What can you hear?**
- Listen to the sounds of the forest, the rustling of the leaves as the wind plays through the trees, the call of different birds as they go about their daily business, bees moving through the undergrowth, the rustling of creatures unseen
- Finally sit or lie down, close your eyes, breathe deeply, relax fully and just allow yourself to let go.