**Grounding and Relaxation Walks**



**What to expect on our walk**

Slowing down and being present in the moment, Letting go of worries and distractions and opening your senses to the natural world.

Taking in the sights, sounds, and scents of nature. Noticing the play of light through the leaves, the rustle of the wind, and the earthy fragrance of the forest floor.

Moving at a slow, deliberate pace, feeling the ground beneath your feet, touching the bark of trees, and allowing the natural surroundings to guide your movements.

Breathing mindfully,taking deep, intentional breaths. Inhaling the fresh, clean air of nature and exhaling any tension or stress. Letting the rhythm of your breath harmonise with the rhythm of the natural world.

Take a moment to sit or lie down in a peaceful spot. Closing your eyes, listening to the sounds of nature, and feeling the connection between yourself and the natural world.

**Benefits in nature**

**Stress Reduction:** Spending time in nature has been shown to reduce stress hormones and promote a sense of calm and well-being.

**Boosted Immune System:** Spending time in nature can strengthen the immune system, helping your body better defend against illness.

**Improved Mood:** The sights and sounds of the nature has a positive impact on mood, reducing feelings of anxiety and depression.

**Enhanced Creativity:** Nature has a way of sparking creativity and improving cognitive function.

**What do I need to bring?**

**Comfortable Clothing:** Wear comfortable, breathable clothing suitable for the weather and conditions. In the summer, there is always the chance of encountering ticks and biting insects in the woods. Please follow NHS guidelines and be informed about ticks and Lyme disease. We carry tweezers, and insect bite cream in our first aid kit. Please wear long trousers, socks and long sleeve shirts.

**Sturdy Footwear:** Depending on the terrain, wear comfortable and supportive shoes or hiking boots.

**Hat / unscented Sunscreen**

**Water Bottle:**

**Natural Insect Repellent:**

**Mat / Blanket:**

**Medical and mobility**: Please do let us know if you have any medical conditions, and any medications you are currently taking that may affect you during the session. Please let us know if you have any relevant allergies or mobility issues that we need to be aware of. All information will be treated in the strictest confidence.

Please contact us if you would like to discuss this.

Please do not wear any perfumes, scents, hair products,

deodorant/antiperspirant, beauty products with a strong smell, or

strong-scented washing products and conditioners on your

clothes!

Remember, the goal of our walks is to be present in nature and engage your senses. Leave behind distractions and immerse yourself in the sights, sounds, and smells of nature to experience the therapeutic benefits of these sessions.

**Who we are and Contact details:**

Claire Fender- RGN, RSCN, Health Visitor, Parenting Practitioner and Creative Art/Play Therapist. Forest Bathing Practitioner

Sarah Eaby- MBACP (Accredited Counsellor and Supervisor)

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Enhanced DBS, Level 3 safeguarding, first aid, risk assessed, insured

*‘We often forget that we are nature. Nature is not something separate from us. So, when we say that we have lost our connection to nature, we have lost our connection to ourselves* ‘- Andy Goldsworthy

