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2024 RCP Network  
Gathering

# Forest Therapy to Promote Wellness and Build Community



*The times are urgent; let us slow down...It is the invitations that are now in the world-at-large, inviting us to listen deeply, to be keen, to be fresh, to be quick with our heels, to follow the sights and sounds and smells of the world.*

*— Dr. Bayo Akomolafe*







One Practice | Many Names

Shinrin-Yoku  
Forest Bathing  
Forest Therapy  
Forest Immersion



# Forest Therapy

## A Practice and a Movement

### Wellness Practice

- Public health initiative
  - Mental health
  - Physical + spiritual health
- Social connection + community
- Green prescriptions
- Ecotourism

### Eco-conscious Movement

- Foster an ecological worldview
- Appreciation + reciprocity
- Promote pro nature + pro environmental behavior
- Earth-care is self-care
- Earth-care is community-care
- Planetary well-being



# Immersive Elements

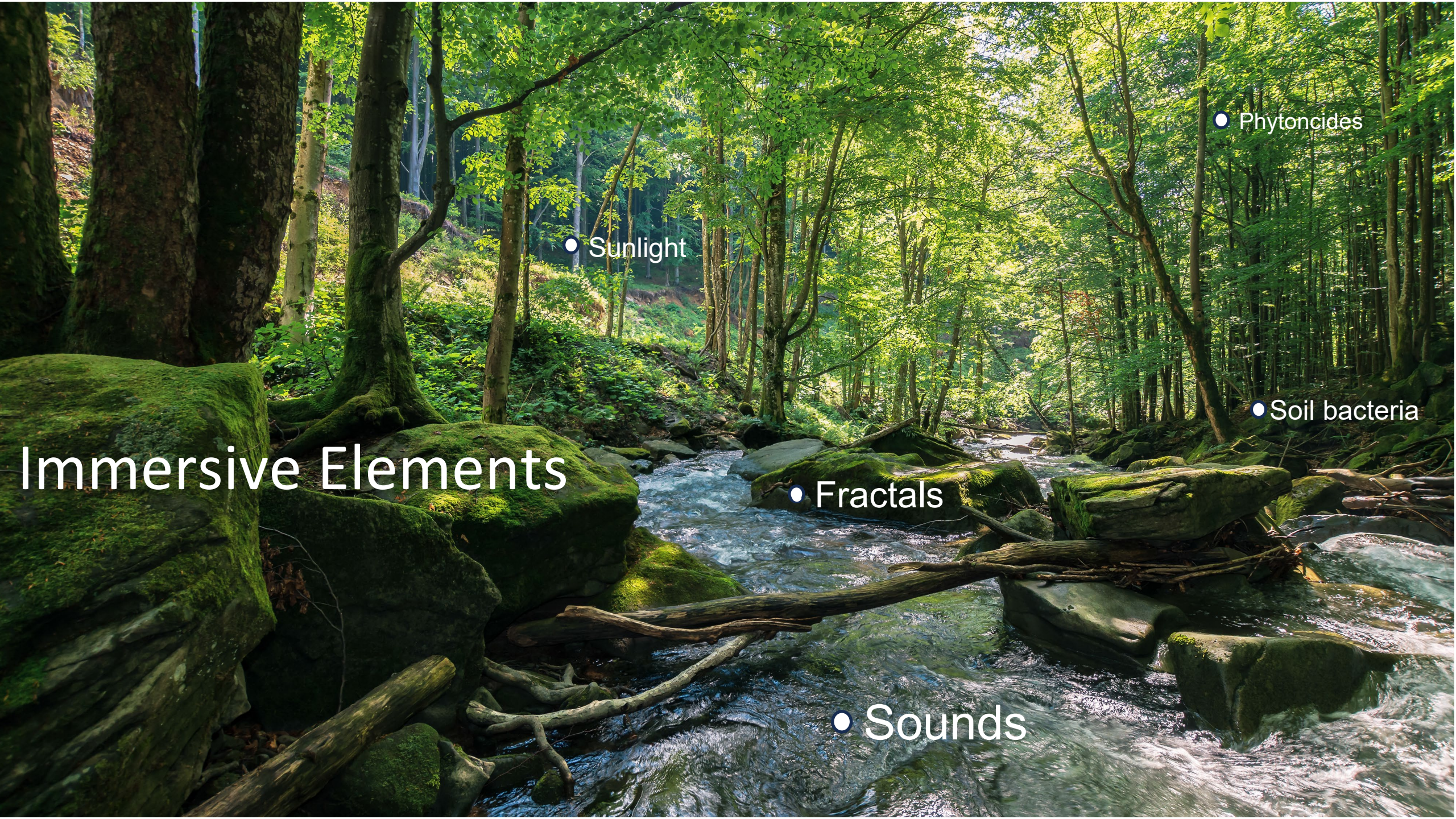
• Sunlight

• Phytoncides

• Soil bacteria

• Fractals

• Sounds







A Mindful Way



# A Powerhouse of Benefits

## Mindfulness

- Improves focus and concentration
- Emotional regulation
- Self-awareness and perceptions
- Antidote to depression, anxiety, and stress
- Reduces negative thoughts
- Well-being and sense of agency
- Cultivates compassion
- Boost immunity

## Nature Connectedness

- Sensory stimulation
- Antidote to depression, anxiety, and stress
- Boost immunity
- Reduce negative thoughts and rumination
- Inspiration, wonder, and awe
- Connects us with something larger than ourselves
- Enhances environmental behavior
- Cultivates compassion





What can you expect during a forest bathing session?





Slow down.





Open your senses.





Connect.



A low-angle, upward-looking photograph of a dense forest. The sun is shining brightly through the canopy in the upper left, creating a starburst effect and illuminating the green leaves. A small rainbow is visible on a tree trunk in the middle left. The sky is a clear, bright blue. The text "Follow your heart." is overlaid in white on the right side of the image.

Follow your heart.





Share.



Enjoy tea.





# Community







A practice for personal  
and planetary well-being.





# Why offer this Program?

- Supports wellness initiatives
- Provides a different perspective from a hike
- Gives people with physical challenges ability to experience nature
- Mental health
- Reduces Stress
- People who have a personal connection to forests will support conservation
- Another way to connect with your members



# Paid Partnership Models

1. The guide handles registration. Land trust lists event on website, social media, and in upcoming event emails.  
discount for members or 80/20 donation or volunteer work is typically exchanged.
2. Land Trust handles the registration and takes a percentage of the sales.
3. Land Trust contracts with a guide as part of their wellness initiative. *Free to the public.*  
(fee based per session or per person)
4. Land Trust offers a business sponsorship package. *Free to the public.* Guide donates in-kind in exchange for being a sponsor for the wellness series, gets listed on the land trust website, and in marketing materials.
5. Apply for a grant to fund a wellness series. *Free to the public.*



# How to Get Started with a Guide

- Find a guide near you
  - General internet search
  - Online guide directories
- Determine walk details
  - Frequency, max group size, duration of session
- Determine contract model
  - Free to the public
  - Fee to the public





# Land Trust Benefits and Barriers

## Benefits

- Promote holistic well-being.
- Promote community building through a shared experience.
- Show care and concern for the welfare of the human community as well as the Earth community.
- Participants gain deeper appreciation for nature and the land trust.

## Barriers

- Registration hassle – fee-based event
- Contracting a guide – lack of resources for a free event.
- Lack of value for the practice.
- Mission drift.
- Low impact.
- Time - usually 2 hours in length





Thank You!



# Where You Can Find Us

The Forest Therapy School: [www.theforesttherapyschool.com](http://www.theforesttherapyschool.com)

Personal Website: [www.reganstacey.com](http://www.reganstacey.com)

Instagram: [@regan.stacey](https://www.instagram.com/regan.stacey)

Facebook Page: Regan Stacey – Awaken the Forest Within

Kristina White: [Kristina.white@lymelandtrust.org](mailto:Kristina.white@lymelandtrust.org)

[Lymelandtrust.org](http://Lymelandtrust.org)

## Guide Directories

The Forest Therapy School: [www.theforesttherapyschool.com/guide-directory](http://www.theforesttherapyschool.com/guide-directory)

Forest Bathing Finder: [www.forestbathingfinder.com/](http://www.forestbathingfinder.com/)

The Association of Nature and Forest Therapy Guides and Programs:  
<https://anft.earth/listings/>

Eventbrite — Facebook Events — Community Event Listings



to fill out the  
**SESSION**  
**EVALUATION FORM**