



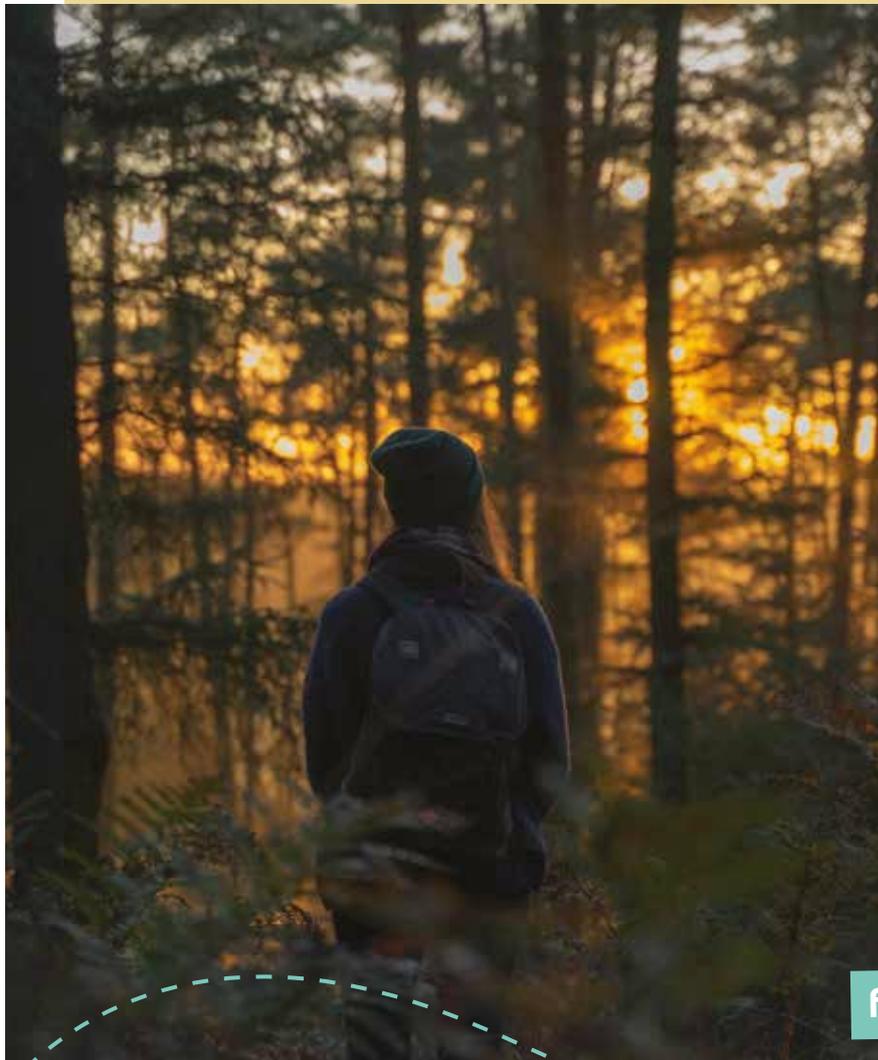
Forestry England

My forest wellbeing

journal

Use this journal to give yourself time to relax and experience the restorative benefits of the forest, even at home.





Forests are peaceful, magical places. Havens that are proven to offer all sorts of wellbeing benefits.

We want everyone to connect with the nation's forests, and hope this journal helps you to enjoy them and continue your experience at home.



Scan QR code



forestryengland.uk/wellbeing-trails

Pause

Be in the moment

You're standing in a beautiful forest. You feel safe and happy here.

Use the leaves to write down something you can...

Hear

If you're at home, imagine you're in a forest.

See

Touch

Taste

Smell

Learn the ancient Japanese practice 'shinrin yoku' with our guide to forest bathing. Visit forestryengland.uk/blog/forest-bathing



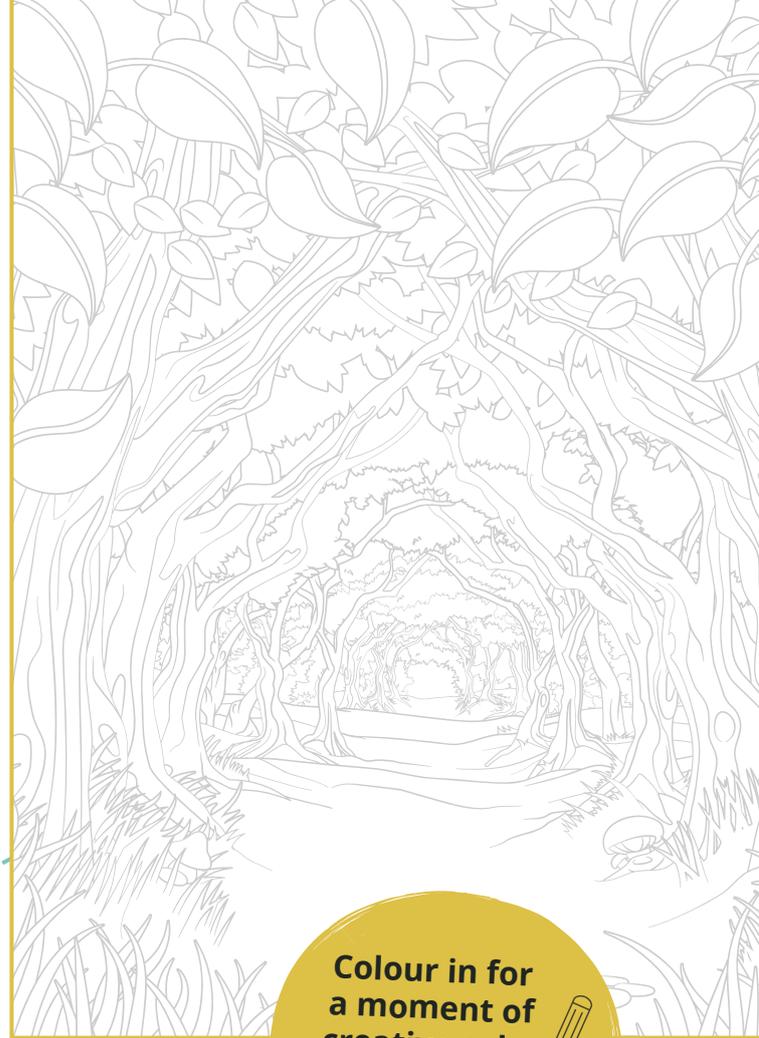
Notice

Enjoy the colours of
the forest

The forest is beautiful all year round. Did you know, studies show that people relax and recuperate better when seeing greens and blues?

Forests are also full of repeating patterns called fractals. Forest fractals are found in leaves, ferns, the branches of trees, snowflakes and on pinecones.

Our brains respond positively to fractal patterns in nature which lowers stress and mental fatigue.



Colour in for
a moment of
creative calm



Appreciate

What are you thankful for?

How are you inspired by trees and what they give us?

Write down a word, a few lines or draw whatever comes to mind when you think about trees, the forest, or your favourite place in nature.



Trees release the oxygen we breathe and provide shelter from heat and rain! They also give us wood for things we use every day, including the paper we write and draw on and the furniture we rest on.

Mindful movement

Find what feels good

Reflect on your latest visit to the forest.

What did it feel like moving through the trees?
What sensations were you aware of in your body?



Moving our bodies releases hormones that make us feel good. And being active in forests has even more health benefits:

- Trees lower our blood pressure, reduce inflammation and enhance our mental wellbeing. Phytoncides, essential oils emitted into the air by trees, increase the number of natural killer cells in our bodies which strengthens our immune system!
- Connecting with trees and nature lowers levels of the stress hormone, cortisol, helping us feel more relaxed.

Be inspired and find mindful ways to move in the forest:
forestryengland.uk/blog/mindful-ways-to-move-in-the-forest



Be amazed

Seek out awe

Savour the 'wow' moments

A 'wow' moment is when you notice something, big or small, that seems extraordinary.

Feelings of awe can help us become more attuned to the world around us and allow us to feel part of something bigger than ourselves.



**Amaze your friends
with your tree ID skills!**

Download Tree Trumps® to discover cool facts about the trees all around us!

Visit forestryengland.uk/resource/tree-trumps

Scan QR code



Be playful

Embrace your imagination

Stop and listen. What can you hear? What could be making those sounds?

Think about movement in the forest.
Do branches dance as they sway?
How do different creatures move?



How does it feel to let go of your inhibitions and just play?

Play can help to relieve stress, improve brain function, stimulate creativity, improve relationships and boost our energy. Embracing a playful mindset can also help us to connect with nature and deepen our relationship with the natural world.



Look for joy

Find the sunlight

Allow the forest to show you that, like changing seasons, nothing lasts forever and everything happens in its own time.

Stand beneath a tree and look up into the canopy. Observe how the sunlight works its way through the leaves.

If you're at home, imagine you're in a forest on a sunny day.

You are experiencing something the Japanese call 'Komorebi'. There is no direct translation, but the word captures the joy of dappled sunlight through leaves; the presence of small glimmers of light or hope which we can always find, if we look closely enough.

What are the rays of hope in your life?



Connect



Take a lead from the trees

Reach out and seek the help you need.

Trees are like a community, helping each other grow. They are able to exchange water and nutrients through the fungal root systems that link them underground. This is often called the 'Wood Wide Web'.

You are not alone.

Use the leaves of the tree to record the people or sources of support you have in your life.

Forests care for us. Together we care for forests.

Tell us about your visit and help us create more wellbeing experiences for everyone. Complete this survey for a chance to win a prize!

[forestryengland.uk/
active-forests-survey](https://forestryengland.uk/active-forests-survey)



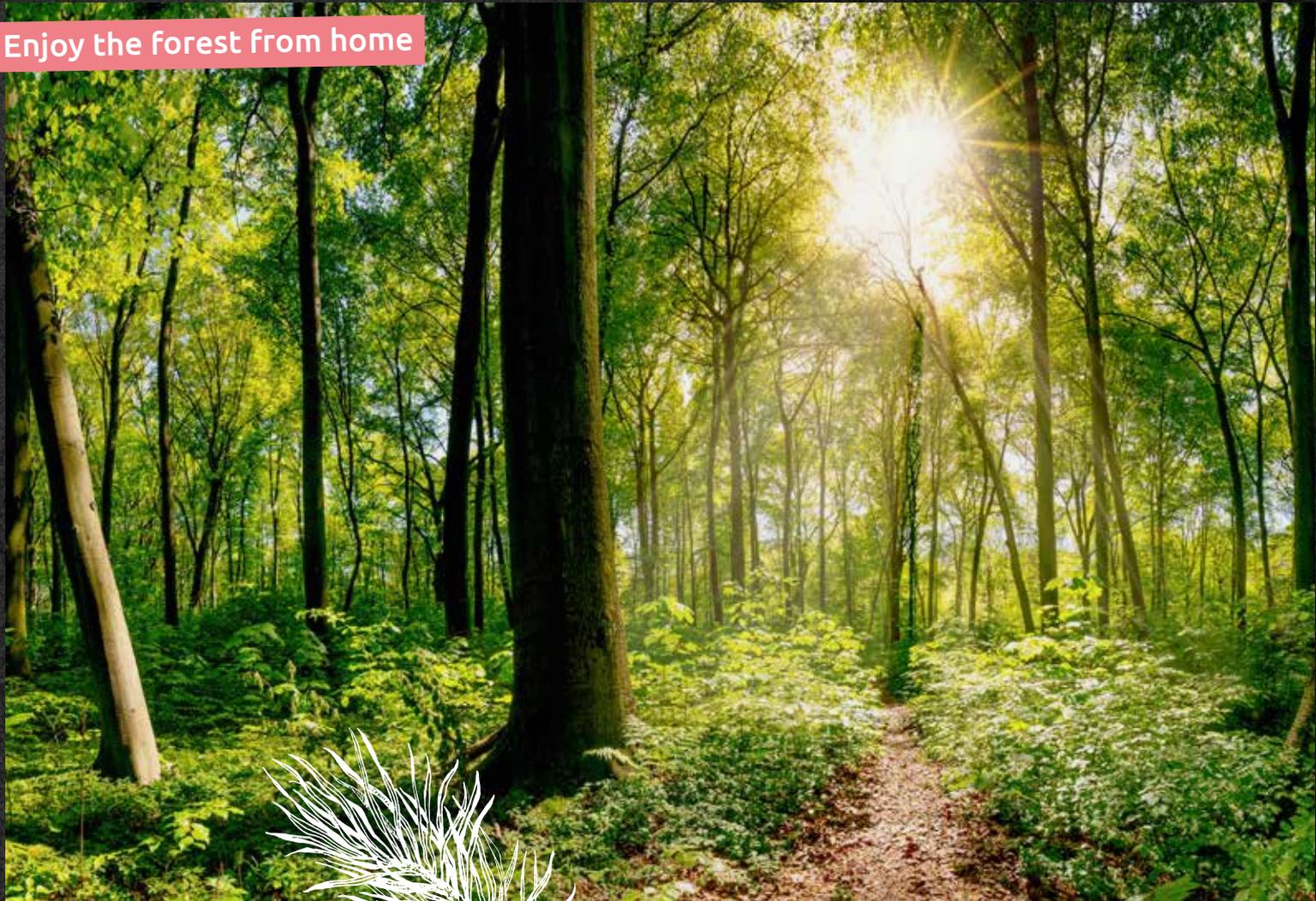
There are lots of ways to support the forests you love. To find out more, visit forestryengland.uk/support-us



Just as trees support each other, we all need help at times. If you are finding any aspect of life hard there are organisations that can help.

- Call Samaritans free day or night on **116 123** or visit samaritans.org
- Visit Mind's website mind.org.uk

Enjoy the forest from home





The mark of
responsible forestry

Forestry England
forests and woodlands
have been certified in
accordance with the UK
Woodland Assurance
Standard (UKWAS)



For alternative formats, please get in touch:
Call **0300 067 4000** or email
info@forestryengland.uk