

“Nature mindfulness walks in the forest”, Switzerland

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Organisations involved

Forest enterprise ‘City forest office Baden’ (Forstbetrieb Stadtforstamt Baden).

Aim

To train participants in mindfulness towards nature and mindful stress reduction by experiencing nature and themselves.

Target group

General population, urban population.

What happens

Duration: 1-2 h

Annual participation: 20-150 people (depending on participation)

Use intensity: several days during the year

Costs for participation: around 0-30 CHF per participant (depending on the fundraising possibilities that the forest enterprise was able to negotiate)

Accessibility: forest area, only for people able to walk in the forest

During this nature mindfulness walks (“Achtsamkeitsbasierte Waldführungen”) the forest visitors are guided and follow a special trail into the forest with the aim of experiencing the forest with all their senses. They are trained in mindfulness towards nature. By perceiving nature and themselves participants calm down, take a break from everyday life and thus reduce stress. Special forest places will be prepared in the future for finding peace and rest. The programme is based on a forest-oriented approach, where health promoting activities are offered by specially trained employees of the forest service. Strong cooperation and partnerships are targeted and will be established among the forest owners and the healthcare sector (e.g. spa and thermal clinics) to facilitate and fund “forest bathing offers.”

Results of the programme/project/intervention

The participants experience nature with their senses, they immerse into and deeply connect with nature, calm down and reduce everyday life stress.

Website

www.baden.ch/de/kultur-freizeit/freizeitangebot.html/131