

NATURE-BASED THERAPY

HOW BEING OUTDOORS CAN HEAL




MOVEMENT

Being outside encourages us to move! Outdoors we can hike, wander, explore and play. Mild aerobic exercise increases BDNF, another hormone that helps us learn and make new neural connections.



TIME

So how much time do you need to spend outside to get the benefits? Research says you need at least 120 minutes per week outside, that's just two hours. Rather than see it as a challenge, work to make it part of your life. Take up hiking, gardening, or just go explore!



NERVOUS SYSTEM REGULATION

A growing body of research is showing that being outdoors not only feels good, but actually lowers blood pressure, increases heart rate variability, and lowers cortisol - all signs of stress reduction. Additionally, time spent in nature encourages your "fight or flight" system to take a break. We love meeting you outside to do therapy where you can feel your best!



BACTERIA



Bacteria come in helpful and harmful varieties, in fact, most of our neurotransmitters (like dopamine and serotonin) are made by bacteria in our gut. Outdoors we are exposed to a bacteria called *Mycobacterium Vaccae*, which reduces inflammation (inflammation is connected to depression) and boosts the immune system.




SUNLIGHT

Sunlight exposure is directly related to mood! It helps us produce vitamin D, a major player in mood stabilization. It also promotes the production of serotonin. When we are low on serotonin we feel depressed, and have trouble sleeping. Sunlight exposure can help with both by increasing serotonin, which in turn increases evening melatonin levels which help you get to sleep.



CO-THERAPIST

What we love about nature most is her ability to be our co-therapist. The sun, the rain, the wind - the trees and bugs and flowers - we never know what is going to show up during a session. Nature shows us how to adapt, be resilient, slow down and be patient, and find our own rhythm. Nature is a living, breathing place to explore.



References available on request!
www.wildandwonderfullife.com