

THE GREAT OUTDOORS

Nature's Prescription for Well-Being



Nature or outdoor therapy is the practice of being in nature to boost your well-being, especially your mental health. This technique is based on the principles of earthing science and grounding physics, which propose that exposure to electrical charges from the earth can positively impact the human body. It involves engaging in activities that establish a physical connection with the earth.

Outdoor therapy has its roots in indigenous knowledge and wisdom, recognizing the deep connection between individuals and the natural world. Nature is seen as a source of physical, mental, and spiritual nourishment as well as a source of guidance and inspiration.

Nature therapy is believed to offer various wellness benefits including stress reduction, improved mood, better sleep quality, lower blood pressure, enhanced immune function, and better cognitive function.

It's important to note that individual responses to nature therapy can vary. Ongoing research in the field is needed to better understand the specific mechanisms behind these benefits. Nature therapy is often used as a complementary approach alongside traditional forms of therapy and medical interventions.

IF YOU HAVE...

5 MINUTES

- Get your bare feet on the grass
- Step outside and take a deep breath of fresh air
- Gaze at the tree outside your window

30 MINUTES

- Go for a walk, breathe in some fresh air
- Find an outdoor space to eat your lunch
- Meditate in a quiet spot outside

1-2 HOURS

- Enjoy an outdoor picnic with some friends
- Explore the parks in your neighbourhood
- Read a book outdoors in a hammock

ALL DAY

- Get dirty in your garden or backyard
- Take a day trip kayaking, bird watching, or hiking
- Capture earth's beauty through photography

Sources: [Healthline](#) | [WebMD](#) | [Francesca Counselling](#) | Images by Freepik

Types of nature therapy

Earthing is about walking barefoot on natural surfaces such as grass, soil, sand, or even concrete to allow direct skin contact with the earth. This is one of the simplest and most accessible grounding techniques.



Water Grounding is swimming or walking in the ocean. Seawater grounding is believed to enhance the experience compared to freshwater because the salt content is a natural conductor of the earth's electrical field.

Grounding Meditation combines the benefits of meditating with the benefits of direct, physical contact with the earth by either sitting or lying down on natural surfaces.



Adventure Therapy uses activities that explore nature and can be done in an individual or group setting. Rafting and rock climbing are good examples.

Using Grounding Equipment is an alternative when going outdoors isn't an option. Tools such as mats, blankets, and wristbands facilitate a direct connection between the body and the earth's surface to absorb its electrical charges.

