

Review Questions Response Guide

Soaking in the Health Benefits of Forests Review Questions

Response Guide

1. According to the video, what are the benefits of forest bathing?

Forest bathing can:

- Lower the stress hormone cortisol
- Can improve your immune function
- Fight's viruses and cancer-causing cells
- Provide mental health benefits, such as helping with anxiety and depression
- Provide relaxation
- Provides faster recovery and less need for pain medication

2. Why might you use a guide when forest bathing?

A guide can help direct you using verbal suggestions to help you connect.

3. Where and when did the practice of forest bathing originate?

This practice was developed in Japan in the 1980's as a preventative healthcare measure. It became part of Japan's national health program.