

SHINRIN YOKU

Each day this week, when your mind can't concentrate OR when you are becoming stressed, head outside for a 20 minute walk in a green space, ideally with trees. Take pre and post notes on your cognition (thinking) emotion (feelings) and physiology. What do you notice after a week of practicing Shinrin Yoku?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre						
Post						

SUNDAY REFLECTION:

What about this practice was helpful for your wellbeing?
Consider sending a 60 second video of your experience to: osgchr@bethel.edu by 5/22

