

# De-stress with a forest therapy activity by Carolynne Crawley

Transcript of forest therapy simulation video available on the [TD Tree Days website](#)

[Birds chirping]

Carolynne Crawley (CC): We can't wait to be together again for TD Tree Days. Until then, let's enjoy the many benefits of nature in a new way.

[Running water, birds chirping]

CC: Hello, my name is Carolynne Crawley and I'm a Certified forest therapy guide located in Toronto, Canada. Forest therapy helps us to slow down and connect with our surroundings in nature using all of our senses. I'm going to guide you through a forest therapy experience. I invite you to explore it in any way that feels comfortable for you.

[Birds chirping, leaves moving with wind]

CC: Let's take a moment to slow down the rhythm of your breath with a few long deep breaths, slowly exhaling in and out.

CC: Take a moment to bring your awareness to your sense of sight. As you gaze upon the images of the forest, perhaps notice any movements upon the land. It may be the leaves falling or swaying, or the variety of colours that you are noticing.

[Footsteps along forest floor, crunching leaves at certain times, birds chirping]

CC: While still gazing upon the images moving along the forest trail, notice the symphony of sounds around you. Perhaps it's the sound of the wind, insects or bird songs.

CC: While you continue to connect with nature through your senses, I invite you to notice if any of these images are invoking any emotions or memories within you.

[Running water, footsteps along forest floor, for 10 seconds]

[Running water, birds chirping]

CC: Now take a moment to notice the water. Perhaps the sound of the water cascading down the rocks as the river flows across the land.

[Running water, birds chirping for 23 seconds]

CC: Nature is all around us. I invite you to find a way to connect with the land in your own way, perhaps taking some time to gaze through a window right now or to sit outside, whatever feels right for you. Hopefully this brief experience invokes your curiosity to continue exploring forest bathing. Thank you for joining me.