

TREES GIVE
PEACE TO THE
SOULS OF MEN

- Nora Waln

Your environment affects your stress levels and mood. Why not take some time today to tap into the healing power of nature to help you relieve stress?

--- Breathing Exercise ---

Sit in front of a tree. Starting with your gaze at the base of the tree trunk, take a deep breath in as you slowly move your gaze from the base to the top.



When you have reached the top, hold the breath for one second before slowly releasing it as your eyes move from the top of the tree back to the base. Repeat three times.

Breathing exercises are powerful antidotes to stress, and trees give off chemicals called phytoncides which strengthen the immune system when you breathe them in.



A study in Japan found that being in a forested area with trees for just 15 minutes reduces cortisol (stress hormone), pulse rate, AND blood pressure!



If you are experiencing a mental health crisis, call **1-800-273-TALK**