

Ecopsychology: The Health Benefits of Immersion in Nature



120 minutes or more of immersion in an outdoor environment can bring on a sense of health and wellbeing!



An antidote for stress: exposure to a natural environment can lower blood pressure, calm the nervous system, enhance immune function



Nature's benefits are best experienced when using all of the senses!

FUN FACT: THE DEVELOPMENT OF "FOREST SCHOOLS" ARE UP 500% IN THE UNITED STATES



Wisconsin
Adoption &
Permanency
Support



Wisconsin Department of
Children and Families