

The Healing Power of Nature

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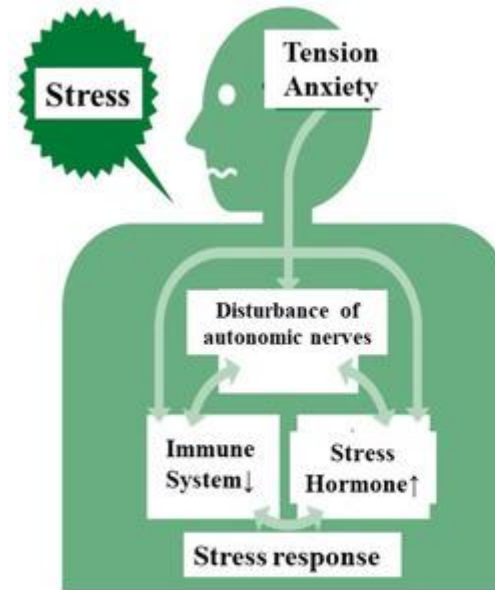
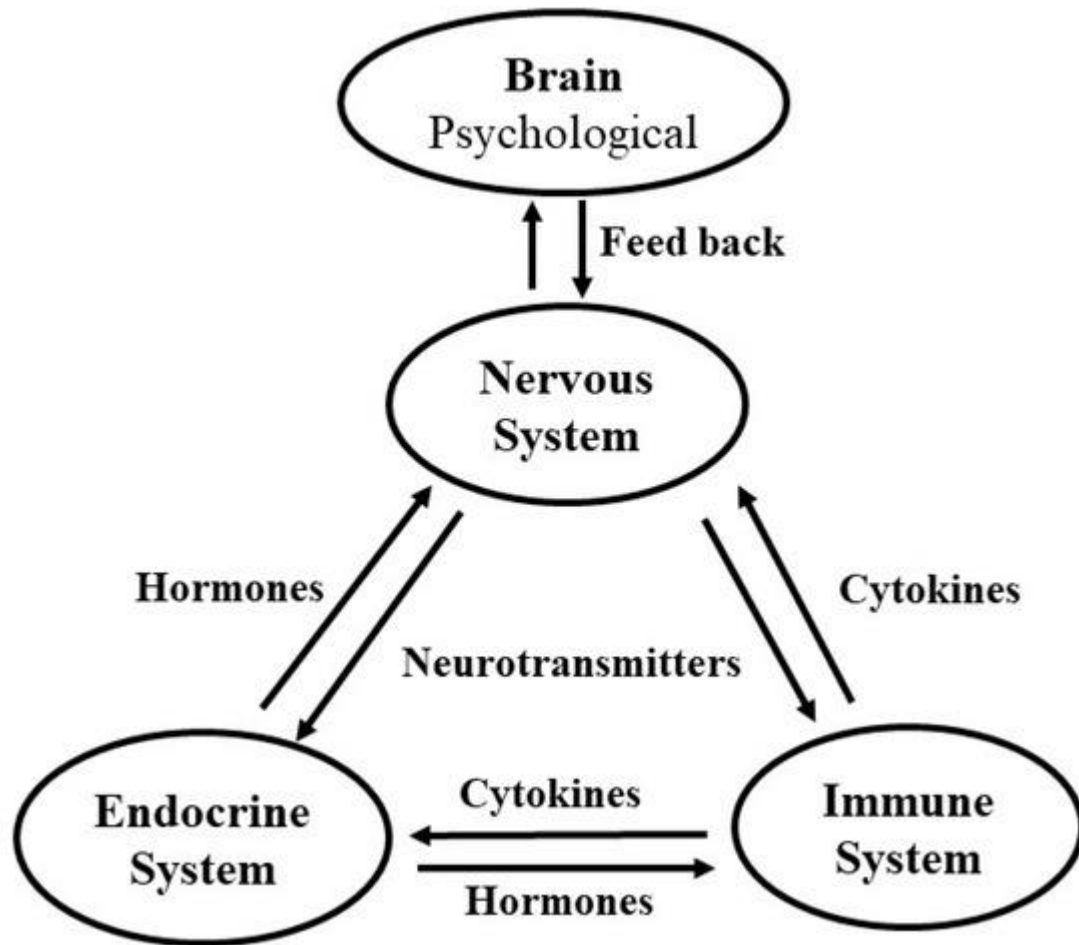
Learning Objectives?



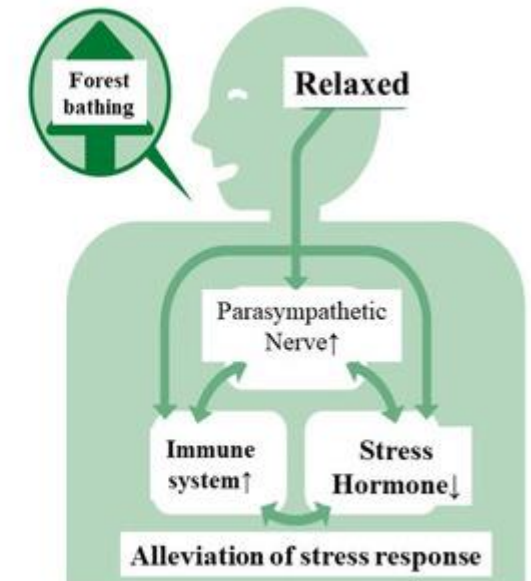
By the end of this short online module, learners will be able to:

- Understand how being in nature improves mental and physical well-being.
- Recognize the health effects of natural plant VOCs (like phytoncides).
- Identify simple ways people can connect with nature in daily life.

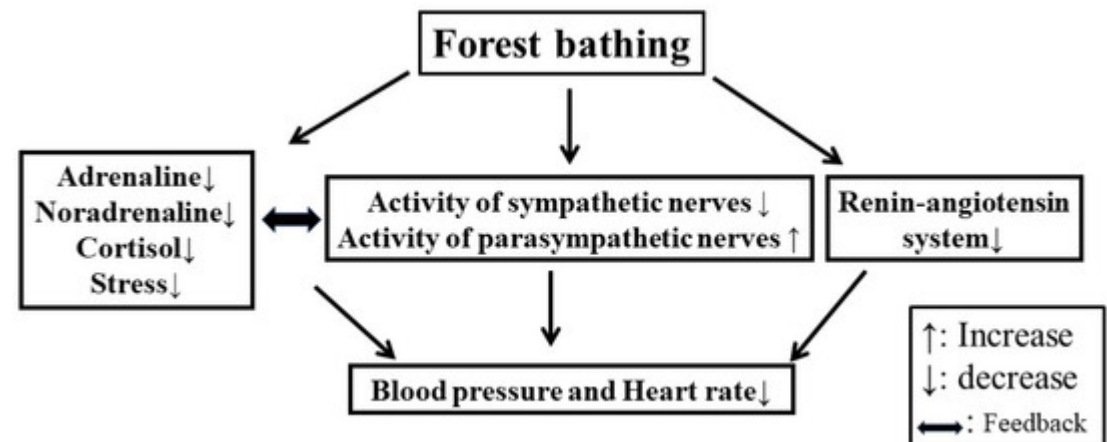
INFORMATION



A. Physiological and psychological reactions to stress



B. Physiological and psychological reactions during forest bathing



Interactive Elements



The Surprising Benefits of Forest Bathing You Need to Know About

Association of Nature and Forest Therapy – [Watch the video](#)

Assignment

Select one of these papers, or find another one if you prefer, related to forest bathing and the effects of walking in the forest on human health, and read it carefully.

1. Preventive Effects of Forest Bathing/Shinrin-Yoku on Cardiovascular Diseases: A Review of Mechanistic Evidence

by Qing Li, *Department of Rehabilitation Medicine, Nippon Medical School Hospital, Nippon Medical School, Tokyo, Japan.*
Forests (2025), 16(2), 310.

👉 <https://doi.org/10.3390/f16020310>

2. Effects of Short-Term Forest Bathing on Human Health in a Broad-Leaved Evergreen Forest in Zhejiang Province, China

by Gen Xiang Mao, Xiao Guang Lan, Yong Bao Cao, Zhuo Mei Chen, Zhi Hua He, Yuan Dong Lv, Ya Zhen Wang, Xi Lian Hu, Guo Fu Wang, and Jing Yan.

Original Article, 2012.

👉 <https://doi.org/10.3967/0895-3988.2012.03.010>



Evaluation

- ✓ You should write a short summary of the paper you selected. In your summary, mention any information that you found new or interesting. Then, read the summary written by your peer group and write feedback for them. Do not write feedback for a group that has already received one—just give feedback to one group.
- ✓ Go to nature or any green area you like and take three deep breaths. Then, write about what you feel. Mention three things that help you enjoy the moment and feel calm — or simply describe your overall feelings.
- ✓ Name one small action you will do next week to connect with nature (e.g., walking in the park, watering plants, or spending a few minutes outside enjoying the fresh air).

Reflection!



The Healing Power of Nature” is a prerequisite for the course “Elderly People in Nature,” but it can also be taught as a stand-alone course.



Accessible Features

To make the module inclusive and accessible for all learners:

- ✿ Use simple and clear language.
- ✿ Add subtitles (captions) to the video.
- ✿ Give options to respond by text, voice, or photo.
- ✿ Use calm background colors and large font for readability.



Peer Feedback

After preparing the draft module, I will share it with one participant from the group and ask two quick questions:

- 💬 “*What did you like about this module?*”
- 💬 “*What could be clearer or easier to follow?*”

Their feedback will help me improve the clarity and design of the module.

"When people care for nature, nature cares for people."

