

NATURE THERAPY AT CAPS



WHAT IS NATURE THERAPY?

Nature therapy may take several forms. It may involve sitting outdoors on a bench outside of the office or sitting in a public place. It may also take the form of walking/moving (most likely on Sewanee trails) while addressing therapeutic goals and topics. Nature therapy can be done regularly or on an as-desired basis.

HOW DO I SIGN UP?

If interested, speak with your therapist to help determine if nature therapy is right for you. They will review the nature therapy consent form with you to help you make an informed decision.



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WHAT ARE THE BENEFITS OF NATURE THERAPY?

- Being in nature is shown to calm the nervous system.
- Exposure to light is a natural mood lifter due to vitamin D exposure, which plays a role in regulating mood.
- Time in nature lowers cortisol and blood pressure. Benefits of fresh air include improved lung capacity and oxygen flow, sharper mind, enhanced immune system functioning, and greater energy.
- Studies show that just the sight of natural bodies of water or green space provides an instant calming effect to the nervous system.
- Research confirms there is a positive relationship between exercise and mental health. Physical movement can assist with extended focus on concentration, as well.

SOURCE: UDLER, 2023
(BOOK: WALK AND TALK THERAPY)
