



IMAGE: ADOBE STOCK/PROSLGN

DOUBLE TAKE

*MAX PLANCK INSTITUTE
FOR HUMAN DEVELOPMENT*

Too much stress? Head for the forest! Glimpses of treetops, the spicy scent, the sounds of the forest, the soft crunch of your own footsteps – just an hour's walk in the woods has been shown to reduce activity in the amygdala (shown here in red) – a region of the brain that is particularly active during stress. By contrast, brain activity remains the same during a walk through the city. Another benefit of nature: birdsong reduces anxiety and irrational thoughts. The forest is relaxing – an insight that has been practiced in Japan for centuries as *shinrin yoku* – forest bathing.



IMAGE: MPI FOR HUMAN DEVELOPMENT