

In tune with nature

Take a deep breath

Deep breathing stimulates our vagus nerve; slowing down our heart rate and ultimately regulating our nervous system. Deep breathing amongst trees has added benefits to our health and wellbeing.

Trees produce essential oils called phytoncides and terpenes, to attract pollinators and repel harmful bacteria and insects. Breathing these in literally changes our hormonal responses from adrenaline to happy hormones, reducing anxiety and stress, and encouraging peace. You may even pick up the scent of geosmin: an earthy smell which alerted our ancestors to a water source... the smell of survival, which instantly releases oxytocin and calms us.

Take a good whiff of the air, what scents do you pick up?