Forest bathing (shinrin-yoku in Japanese) is mindfully using your senses to completely immerse yourself in nature.

Forest bathing is thought to help:
1. increase self-worth
2. overcome fear, doubt
3. avoid stress and burnout
4. increase ability to control cravings, control addiction
5. find peace and happiness in the present moment
6. build empathy and improve relationships
7. answer important internal questions
Immerse yourself as you...

**See** the beautiful blossoms, the Ridges, and the Ohio University. Bring a **tasty** snack and have a picnic.

**Touch** the bark of the cherry trees.

**Smell** the cherry blossoms and the river.

**Listen** to the birds or **OHIO’s Cherry Blossoms Wellness Walk Spotify playlist** while you walk along the path.

OHIO’s Cherry Blossoms Wellness Walk Playlist on Spotify