
SPEND MORE TIME IN NATURE

FOREST BATHING

In 2018, it was estimated that an average American spent 93% of their time indoors. No doubt, with the pandemic, this time has increased. In a city like Vancouver, which offers the residents its many parks, staying indoors during spring and summertime would be a shame.

One great way to reconnect with nature is “forest bathing.” Allegedly conceived in Japan, this idea emphasises the value of spending time in a forest while actively utilizing our five senses. There is no need to have any particular goal. Unlike with jogging or hiking, the goal of forest bathing is in simply spending time in nature. To enhance your experience, try muting phone, follow the trail, and once you are surrounded by the trees - let your senses explore the environment.

According to Ontario Parks, People who spend time in the forest experience decreased cortisol (stress hormone) levels, which can help relieve high blood pressure, heart conditions, skin conditions, and asthma.

CHOOSE YOUR NEXT ROUTE

Metro Vancouver website has a handy map marking all the regional parks and reserves in the Greater Vancouver area:

[Click here to find your forest bathing destination](#)



VOLUNTEERING

One great way to spend more time in nature, but also give back to it, is volunteering for local ecological organizations. Here are some organizations which offer volunteering opportunities in Vancouver:

- [Jericho Stewardship Group](#)
Plant new trees, care for young plants and help remove invasive species in Jericho Beach park.
- [Stanley Park Ecology Society](#)
Explore the multitude of volunteering opportunities - from education to preservation - in beautiful Stanley Park.
- [UBC Farm](#)
Learn and grow food (which you can take home!) with various volunteering programs to support sustainable farming.
- [Wildcoast Ecological](#)
Work together with Wildcoast Ecological on clearing invasive plant species, replanting indigenous plants, and restoring the natural landscapes of Vancouver parks.

Please note, that while some programs may be currently unavailable, most teams hope to resume their activities later in spring and summer.

BRING CHANGE DURING EARTH MONTH

Want to help,
but unsure
about
volunteering?

[Advocate for
preservation of
old-growth
trees to
preserve BC
forests online.](#)

