PARKBATHE MINDFUL WALKS

Sensory walks in nature to reduce overwhelm.

parkbathe
Walk, absorb and de-stress



A referral pathway

Link Workers and individuals can access ParkBathe's free, secular one-hour forest bathing walks for people experiencing anxiety, overwhelm, low mood or social isolation. Our peer-reviewed study found a 40% reduction in anxiety and 50% reduction in rumination after a single session. 97% of participants reported feeling more relaxed afterwards, with 40% returning multiple times.

Getting into our senses

Sessions are led by trained community members in local parks using the Japanese health practice of Forest Bathing (Shinrin Yoku) and the 5-4-3-2-1 sensory technique used in primary care to reduce anxiety, stress and overwhelm. Walks teach sensory exercises designed to relax, build confidence and connection over time in a non-clincal setting.





Small friendly groups

Walks follow the same format in every park, so participants know what to expect. They are slow and silent and while there are opportunities to chat, many people experiencing social isolation enjoy the no pressure setting with no need to talk. Over 2,000 people have attended walks since 2021.

Accessible all year round

Walks follow the same format in every park, creating a familiar and predictable experience for participants to access every week of the year. Sessions are slow-paced so are suitable for people with low mobility or older people. Some parks are wheelchair friendly.

