

# Tree Mindfulness Walk / Des arbres qui font du bien

## Research citations/*Citations des recherches*

- <sup>1</sup> Mao, G.X., Lan, X.G., Cao, Y.B., & et al. (2012). Effects of short-term forest bathing on human health in a broad-leaved evergreen forest in Zhejiang Province, China. *Biomed Environmental Science*, 25(3), 317-324. doi: 10.3967/0895-3988.2012.03.010
- <sup>2</sup> Song C., Ikei, H., Park, B., Lee, J., Kagawa, T. & Miyazaki, Y. (2020). Correction: Song, C.; Ikei, H.; Park, B.J.; Lee, J.; Kagawa, T. & Miyazaki, Y. Psychological benefits of walking through forest areas. *Int. J. Environ. Res. Public Health* 2018, 15, 2804. *International Journal of Environmental Research and Public Health*.17(4), 1316. doi:10.3390/ijerph17041316
- <sup>3</sup> Gould van Praag, C. D., Garfinkel, S. N., Sparasci, O., Mees, A., Philippides, A. O., Ware, M., Ottaviani, C. & Critchley, H. D. (2017). Mind-wandering and alterations to default mode network connectivity when listening to naturalistic versus artificial sounds. *Scientific Reports*, 7(1), 45273. doi:10.1038/srep45273
- <sup>4</sup> Li, Q., Nakadai, A., Matsushima, H., Miyazaki, Y., Krensky, A. M., Kawada, T., & Morimoto, K. (2006). Phytoncides (wood essential oils) induce human natural killer cell activity. *Immunopharmacology and Immunotoxicology*, 28(2), 319-333. doi: 10.1080/08923970600809439
- <sup>5</sup> Li, Q. (2010). Effect of forest bathing trips on human immune function. *Environmental Health and Preventive Medicine*, 15(1), 9-17. doi: 10.1007/s12199-008-0068-3
- <sup>6</sup> Alvarsson, J.J., Wiens S. & Nilsson, M.E. (2010). Stress recovery during exposure to nature sound and environmental noise. *International Journal of Environmental Research and Public Health*, 7(3), 1036-1046. doi: 10.3390/ijerph7031036
- <sup>7</sup> Jiang, B., Li, D., Larsen, L. & Sullivan, W.C. (2014). A dose-response curve describing the relationship between urban tree cover density and self-reported stress recovery. *Environment and Behavior*, 48(4), 607-629. doi: 10.1177/0013916514552321
- <sup>8</sup> Ohtsuka, Y., Yabunaka, N. & Takayama, S. (1998). Shinrin-yoku (forest-air bathing and walking) effectively decreases blood glucose levels in diabetic patients. *International Journal of Biometeorology*, 41(3), 125-127. doi: 10.1007/s004840050064
- <sup>9</sup> Barton, J. & Pretty, J. (2010). What is the best dose of nature and green exercise for improving mental health? A Multi-study Analysis. *Environmental Science & Technology*, 44(10), 3947-3955. doi:10.1021/es903183r
- <sup>10</sup> Hunter, M.R.; Gillespie, B.W.; & Chen, S.Y.-P. (2019). Urban nature experiences reduce stress in the context of daily life based on salivary biomarkers. *Frontiers in Psychology*, 10:722. doi: 10.3389/fpsyg.2019.00722
- Jones, M.V., Gidlow, C.J., Hurst G., Masterson, D., Smith, G., Ellis, N., Clark-Carter, D., Tarvainen, M.P., Braithwaite, E.C., & Nieuwenhuijsen, M. (2021). Psycho-physiological responses of repeated exposure to natural and urban environments. *Landscape and Urban Planning*, 209,10461. doi: 10.1016/j.landurbplan.2021.104061
- Hansen, M.M., Jones, R., & Tocchini, K. (2017). Shinrin-yoku (forest bathing) and nature therapy: A state-of-the-art review. *International Journal of Environmental Research and Public Health*, 14(8), 851. doi: 10.3390/ijerph14080851

**Rock Garden, Royal Botanical Gardens**