

RESILIENCE RX™

A free resource

FOREST THERAPY

*Why the Japanese
practice lifts
our mood*

*10 easy ways
to enjoy the
outdoors*



RESILIENCE RX

Self-care techniques

The science behind why they work and
how to implement them in everyday life

BY

LYNDA CHELDELIN FELL



This free resource is designed to provide self-care techniques to support the bereaved with the understanding that the International Grief Institute is not engaged to render any type of psychological, legal, or any other kind of professional advice.



INTERNATIONAL GRIEF INSTITUTE, LLC

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Forest Therapy

“ There are moments when all anxiety and stated toil are becalmed in the infinite leisure and repose of nature.

HENRY DAVID THOREAU

Benefits of forest therapy:

Forest therapy is rooted in the Japanese practice of Shinrin-yoku, which is often translated as “forest bathing.”

According to a 10-year study by Dr. Margaret Stroebe and Dr. Henk Schut, the Dual Process Model of Coping recommends respites, a change of scenery, as part of a healthy grief process. Nature offers one of the most reliable boosts to your mental and physical well-being.

Why it works:

Exposing your brain to restorative environments by immersing yourself in the atmosphere of the forest helps with mental fatigue by eliciting feelings of awe. One study found that people's mental energy bounced back even when they just looked at pictures of nature (Psychological Science, 2012).

One study found that students sent into the forest for two nights had lower levels of cortisol, the stress hormone, than those who spent that time in the city. In another study, researchers found a decrease in both heart rate and levels of cortisol in subjects in the forest when compared to those in the city.

Among office workers, the view of nature out a door or window is associated with lower stress and higher job satisfaction. (Scandinavian Journal of Forest Research, 2007; Environmental Health and Preventative Medicine, 2010; Japanese Journal of Hygiene, 2011; Biomedical and Environmental Sciences, 2012).

Natural therapy

The natural environment is restorative, and one thing that a walk outside can restore is your waning attention.

In one study, researchers worked to deplete participants' ability to focus. Then some took a walk in nature, some took a walk through the city, and the rest just relaxed. When they returned, the nature group scored the best on a proofreading task. Other studies have found similar results—even seeing a natural scene through a window can help.

Doses of nature have found to improve concentration after just 20 minutes in a park (Environment & Behavior, 1991; Journal of Environmental Psychology, 1995 (2); Journal of Attention Disorders, 2008).

How it helps our mood

Stress, anxiety, and depression may all be eased by some time in the great outdoors, especially when combined with exercise.

One study found that walks in the forest were specifically associated with decreased levels of anxiety and bad moods, and another found that outdoor walks could be useful clinically. The effects of nearby water such as a stream, waterfall or fountain improves it even more.

More ways to enjoy the outdoors:

- Walking
- Gardening
- Bike ride
- Hiking
- Kayaking
- Sailing
- Golfing
- Team sports such as soccer
- Kite flying
- Geo-caching
- Pokemoning
- Metal detecting
- Mining for gems
- Outdoor photography



A word about resilience



Life doesn't get easier or more forgiving,
we get stronger and more resilient.

JAMAIS CASCIO

What is resilience?

Resilience is the ability to adapt to life difficulties—including loss of a loved one. When waves of sadness threaten to break us, building resilience through strategies that support the brain, body and emotions by triggering positive hormones can help during critical times, and reduce the damaging effects profound stress can have on our body over time.

The goal

The goal of Resilience Rx™ is to offer self-help techniques that trigger positive hormones to help during waves of grief, and support you as you learn to move forward with your loved one in your heart.

How do you strengthen resilience?

The first step is to take good care of yourself. We can't always predict the waves of grief, but we are in control of how we care for ourselves physically, mentally, emotionally, and spiritually.

There are multiple ways to trigger positive hormones, and we offer you choices through Resilience Rx™. Use this resources as one of your tools in your toolbox of self care while mourning the loss of someone you love to help lift your spirits and soothe your heart.



Bonus tips

“ Every day is a bonus.

GEOFFREY BOYCOTT

More self-help techniques to help with grief:

- Chew gum
- Stomp on bubble sheets
- Meditate
- Pray
- Change the channel
- Take up a craft that requires repetitive hand motions such as beading, knitting, clay modeling, chocolate making, woodworking
- Yoga
- Deep breathing
- Kiss
- Acupressure
- Listen to music
- Watch a viral video
- Paint the walls
- Plant flowers
- Weed
- Deadhead the roses
- Dry skin brushing
- Buy a plant
- Get a pet

ABOUT

LYNDA CHELDELIN FELL

Lynda Cheldelin Fell is founding partner of the International Grief Institute, creator of Resilience Rx™, and bestselling author of over 35 books including the award-winning Grief Diaries series.

Critical incident stress management certified, she is a national educator who has curated the largest published collection of grief experiences in the world.



Dedicated to supporting resilience through best practice strategies, Lynda has earned five national literary awards and five national advocacy award nominations for her work. Learn more at www.LyndaFell.com.

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