



Erasmus+

Green Prescription



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Introduction

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our attention

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in emotional balance

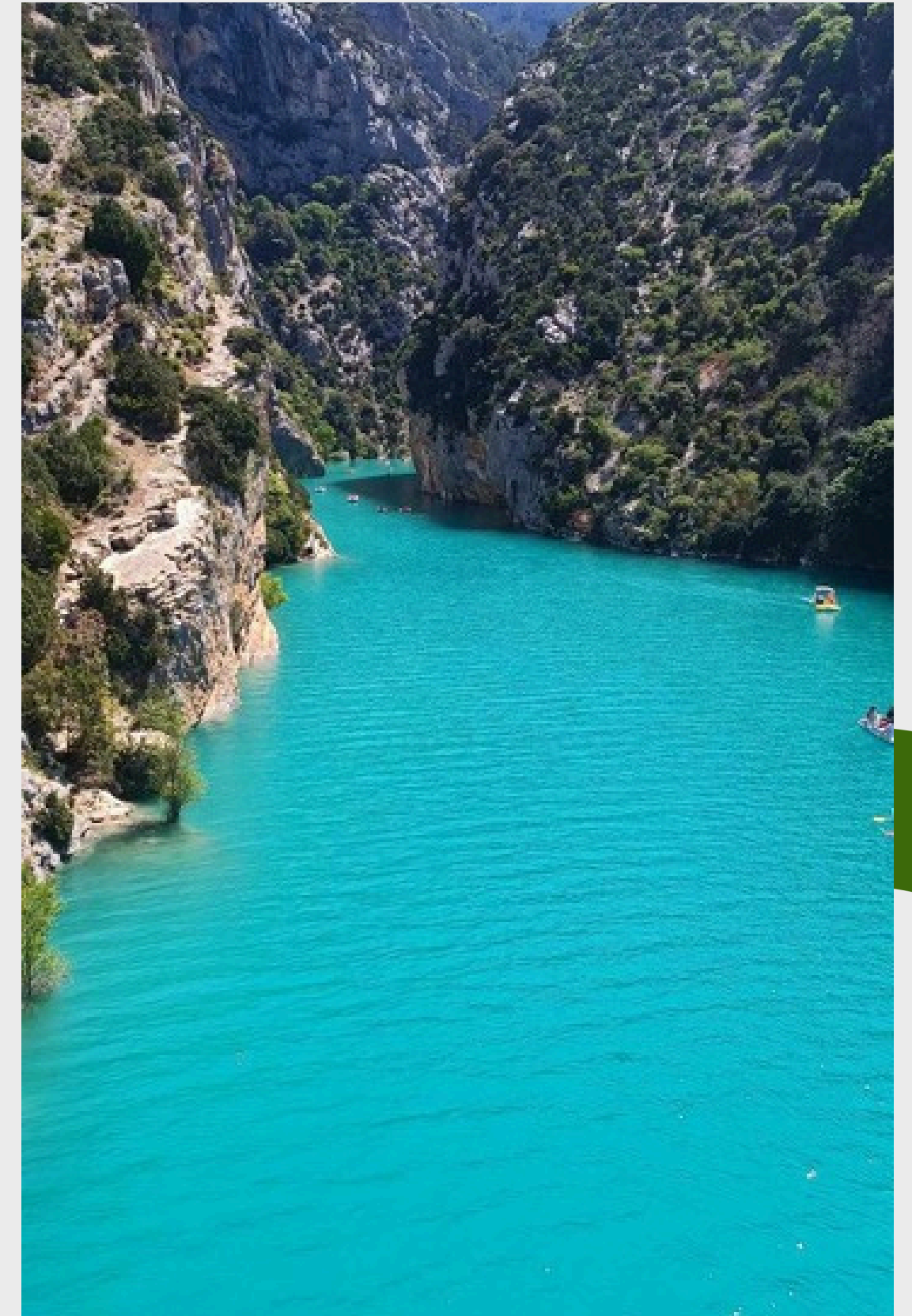
02 How does nature
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01 What is ecotherapy?

Ecotherapy, also known as nature therapy or green therapy, is a therapeutic practice that involves direct interaction with nature to improve mental and physical well-being. It includes activities like nature walks, horticultural therapy, wilderness therapy, and conservation work, all grounded in the idea that human health is deeply connected to the natural environment. Studies show ecotherapy can significantly reduce symptoms of depression and anxiety. It's increasingly integrated into mental health programs as a complementary treatment.



02 How does nature influence our mind?



Nature influences our mind by lowering stress levels, enhancing mood, and improving cognitive functions. Time in green spaces reduces cortisol (the stress hormone), boosts serotonin (mood regulator), and can even increase activity in brain regions associated with empathy and emotional regulation.

Natural environments also support mindfulness and restorative attention, helping us shift away from a hyper-focused, fatigued mental state to one that is calm and receptive.

03 How nature resets our attention?



Forest walk

A 20-minute walk among trees, lowers cortisol levels and restores attention, that making you feel calmer and more focused.

Listening to birdsong

Natural sounds like birds chirping or a stream flowing reduce mental fatigue and boost mood.

Sunlight exposure

Morning sunlight helps regulate your circadian rhythm, improving sleep and emotional balance.

04 WHO - contact with nature

Green spaces in cities



WHO promotes parks and green areas to reduce stress, boost physical activity, and improve mental health in urban populations

Nature in hospitals



Patients with access to gardens or natural light tend to recover faster and feel less anxious, enhancing overall care outcomes.

Outdoor play for children



WHO supports outdoor nature exposure for kids, as it improves focus, emotional balance, and cognitive development.



05 Role of silence, natural scents and natural light in emotional balance

- Silence in nature (e.g., forest stillness) reduces sensory overload, allowing the nervous system to calm down.
- Natural scents like pine, lavender, or soil contain compounds (phytoncides, terpenes) known to lower stress and enhance immune function.
- Natural light, especially morning light, regulates circadian rhythms and boosts mood by increasing serotonin and vitamin D levels.



Our experiences

During an Erasmus project in France, we visited the Verdon Gorge – one of the most beautiful natural places I've ever seen. At that time, I was feeling tired and mentally drained from all the activities and travel. But the moment we arrived at the gorge, everything changed. The view of the turquoise river, the sound of the wind in the cliffs, and the peaceful atmosphere instantly made me feel more relaxed and present. Spending that day surrounded by nature helped me recharge, clear my mind, and come back with new energy. It reminded me how powerful nature can be for our mental well-being.



Helping during Erasmus +





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Thank you for your attention

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