Anti-burnout puzzle for academics

SYLLABUS

1. General information
Workshop title: Forest bathing as prevention of occupational burnout
Form of classes: practical outdoor workshop
Duration: 4 hours
Lecturer: Agnieszka Boruta - certified Forest bathing and forest therapy guide (certification at Forest Therapy Hub and Relational Ecotherapy Institute), ecotherapist (course at Organic Future Institute), ecopsychologist (studies at SWPS University and School of Integral Ecopsychology) and forest educator (studies at SGGW), with psychological-therapeutic training and competence in OB
2. General objective of the workshop
The goal of the workshop is ad hoc psycho-physical regeneration as a result of guided and purposeful contact with nature in the forest field, as well as the development of skills for active contact with nature to prevent burnout in everyday life. In addition, increasing the openness of participants to use forest bathing for independent exercise and strengthening knowledge of this type of activity.
3. Learning outcomes (in line with the EQF)
Knowledge - Participant: **L1.** describes the essence of forest bathing (shinrin-yoku) and its effects on mental and physical health. **L2.** Understands the basic psychological and physiological mechanisms of occupational burnout and the role of nature in prevention. **L3**. indicates practical examples of integrating forest bathing into daily routines.
Skills - Participant: **S1.** applies simple mindfulness and breathing techniques during a forest walk. **S2.** plans and implements short restorative practices in nature. **S3**. monitors his/her well-being and implements preventive measures.
Social Competencies - Participant: **C1.** demonstrates readiness to take care of work-life balance. **C2**. shares experiences related to forest bathing. **C3.** co-creates an atmosphere of community and support during nature activities.
4. Programme content (list of topics discussed during the workshop)
Topic 1: Introduction to shinrin-yoku - the importance of forest bathing for health and well-being. **Topic 2:** Forest bathing as an example of stress management practice and prevention of professional burnout. **Topic 3**: Forest bathing techniques - practical exercises (relaxation techniques - meditation, breathing exercises, mindfulness, working with imagination, elements of art therapy and music therapy).

Topic 4: Self-analysis of one's own well-being and the effects of forest bathing

5. Teaching methods used during the workshop

☒ pair/group work	☐ lecture with presentation	☐ project
☐ case study	☐ simulations	☒ moderated discussion
☐ practical exercises indoor	☒ outdoor practical exercises	☒ individual exercises

6. Methods of verifying learning outcomes

☒ observation of activity	☐ presentation	☒ self-assessment
☒ group feedback	☒ test or quiz	☒ evaluation survey

☒ individual forest bathing plan

7. Teaching materials

Participants: lesson outline, questionnaire / burnout and/or stress test, nature journal, mat (for sitting/lying), water.

Instructors: whistle, first aid kit, materials and aids (worksheets, forest exercise cards, magnifying glasses, forest bones, bottles for making forest perfume, koshi bells, sheets of bristol, pencils, hammocks), water, warm drink in a thermos, small snacks.

8. Literature

Books

1. Qing Li - *Shinrin-Yoku. The art and theory of forest bathing*.
2. Amos Clifford - *The Art and Science of Forest Bathing: How to Fall in Love with Nature.*
3. Florence Williams - *The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative*.
4. Jon Kabat-Zinn - *Wherever You Go, There You Are*
5. Richard Louv - *Last Child in the Woods*
6. Marco Mencagli, Marco Nieri, The Secret Therapy of Trees: Harness the Healing Energy of Forest Bathing and Natural Landscapes, Rodale Books, 2019
7. Clemens G. Arvay, The Biophilia Effect: A Scientific and Spiritual Exploration of the Healing Bond Between Humans and Nature, Sounds True, 2018

Scientific Articles

1. Li Q. (2010). Effect of forest bathing trips on human immune function. Environmental Health and Preventive Medicine, 15(1), 9-17. DOI: 10.1007/s12199-009-0086-9
2. 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

3. Park, B. J., Tsunetsugu, Y., Kasetani, T., Kagawa, T., & Miyazaki, Y. (2010). The physiological effects of Shinrin-yoku. Environmental Health and Preventive Medicine, 15(1), 18-26. DOI: 10.1007/s12199-009-0086-9
4. Oh, B., Lee, K. J., Zaslawski, C., Yeung, A., Rosenthal, D., Larkey, L., & Back, M. (2017). Health and well-being benefits of spending time in forests: a systematic review. Environmental Health and Preventive Medicine, 22(1), 71. DOI: 10.1186/s12199-017-0677-9

Online sources and podcasts

1. **Forest Therapy Hub** (https://foresttherapyhub.com) - resources and research about forest therapy.
2. **Headspace** and **Calm** - apps with mindfulness exercises that can also be practiced outdoors.
3. **Nature and Health Alliance** (https://natureandhealthalliance.org) - reports on nature's impact on health.

9. Organizational notes (e.g. technical requirements, accessibility for people with disabilities, necessary participant's own equipment, recruitment conditions)

Workshop implemented regardless of the weather (preferable days without rain and without strong wind).

Location: mixed or coniferous forest, easy route paths, terrain with minimal slope, paths passable for people with limited mobility (e.g. wide, paved forest roads). Easy routes also friendly to people with mobility impairments / wheelchair (if space availability allows).

Alternative versions accessible to people with disabilities may include: online participation / "virtual forest bathing" formula - for people with limited mobility, or alternative exercises (e.g., breathing in place) when movement becomes difficult. Sensory disabilities of participants may require assistants / caregivers, additional guides or interpreters.

Necessary participant's own equipment: weather-appropriate clothing (rain jacket, headgear, extra layer of warmer), field shoes, preferably with non-slip soles. A bottle of water, a small snack, a notebook and pen (if written reflections are foreseen). Optional: a mat for sitting or meditation practice or a small folding hiking stool. Sun protection (hat, cap) and repellents.

Enrollment requirements: adults (18+) interested in personal development and regeneration in nature. Group size: optimally 10-12 people (maximum 15), minimum: 5 people. Rules of participation: phones used only in case of urgent need, silence attentive during walks.