



**Regina Reiter** – Regenerationspfad (“regeneration path”), Wienerwald Biosphere Reserve, Vienna, Austria

**Title of presentation:** No time for burnout – woodland and nature as a source of courage to live one’s life

**Abstract:** Even a brief stay in natural surroundings can help us to relax and see things from a different perspective. Strolling through woodland and the countryside is also particularly effective for restoring vitality, if we take a measured look at various aspects of our personal lives. These include the way we manage our time, how we deal with stress factors, our behaviour in our different roles, and consideration of our mindfulness and self-esteem. Nature constantly provides us with harmonious impulses and opportunities for creativity that can be discovered in enjoyable ways. This reinforces the desire for further woodland-based activities, and choosing the level of intensity with which to address the various topics is both liberating and inspiring. Developing the strength of character to live your own life, with nature leading the way.