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**Title of presentation:** The positive impact of woodland on human health: a new field of activity for health and nursing professionals?

**Abstract:** In Japan, forest bathing is extremely popular and has a positive effect on health. Demographic shifts in Europe and high spending on health services are prompting a search for alternative treatments. Numerous studies have looked at the positive health-related impact of forests.

This presentation provides an analysis of the various effects of woodland on humans, as well as examining whether forest therapy can be integrated into the Austrian health system as a new area of activity in nursing. The results show that forest therapy is beneficial for human health. Time spent in woodland helps to reduce stress, improve sleep, and calm the cardiovascular system. This is of interest to the nursing profession due to its focus on health promotion and disease prevention. In terms of forest therapy, nursing professionals' primary responsibilities are guidance and advice, as it is important to keep physical limitations in mind. In Austria, several rehabilitation facilities already offer such services. Politicians have also recognised woodland's potential as a health-related resource and are offering organisational and financial support for the implementation of selected projects.