

Forest Stamp



Age

DOB

Prescription for:

A dose of nature

It is advised to read thoroughly for an enhanced dose of nature.

Dose: Connect with nature daily

Formulation: Soil + trees + plants + animals + sky + water

Quantity prescribed: Daily, regularly, as often as possible

For optimum results:

Leave headphones in pockets.

Allow yourself time to be with nature.

Slow your pace.

Look at the base of an Oak and follow the trunk skywards.

Gaze at the leaves framing the clouds.

Look for the bird that owns the song.

See the beautiful, question the unusual.

Allow curiosity, wonder and fascination to take hold.

Actively connect to nature, it's good for you.

Signature of prescriber



Known side affects of being in nature:

Lowers blood pressure, pulse rate and cortisol (the stress hormone) levels.

Improves mental, physical and social wellbeing.

Created by

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**Beckenham
Place Park**

Supported by

