

Forest Stamp



Age

DOB

Prescription for:

A dose of nature

Active ingredients in Nature.

Soil

is a living organism.

The bacteria *Mycobacterium vaccae* found in soil, increases serotonin produced in the brain, known as the happy chemical. By getting your hands dirty, you are also making your brain happy.

Trees and plants

are amazing, they can talk to each other, ward off predators with chemicals and absorb tonnes (literally) of carbon dioxide. Trees and plants release a chemical called Phytoncides. When we breathe this in it has super positive effects on our mental and physical health.

Animals

mammals, fish, birds, reptiles, amphibians and invertebrates live here in your wood. A connection and appreciation of the beauty of wildlife makes us happier and healthier people.

Water

from a drop of dew on a bright green leaf, to a wide open lake, humans are drawn to the blue stuff. It reduces stress and gives a sense of calm.

Signature of prescriber



Warning:
Nature is never out of date.

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**Beckenham
Place Park**

Supported by

