[Lance:](https://www.rev.com/transcript-editor/Edit?token=22vNOlhzVfBnmsnv24GEGrq7-wwoE19GRxnwnt0tOzhXV4FnhMhMV7TAuPN0q2s6ezjyOaknz7QDpMST7-bv6P34Q00&loadFrom=DocumentSpeakerNameDeeplink&ts=0.12) Most of you should be able to benefit from Forest Therapy. Many of you will be able to have family members that could benefit from it. And some of you will have students that will benefit from it. You hit the jackpot if what, all three applies to you. It could benefit you, your family and your student.

[Liesel:](https://www.rev.com/transcript-editor/Edit?token=TCqVnPo4J5SLlew4pcA68TXvF4JnN9E3lC-Ncj7BmMzdlVKZyIRO02Wx2RhP2Lj33B_vP2VIz8iyBa3PgsXsLb7s9YI&loadFrom=DocumentSpeakerNameDeeplink&ts=26.64) Welcome to the Magic Mountie Podcast. This is a podcast that's dedicated to helping faculty and other college employees as they try and navigate the challenging fabric of serving students, especially at Mt. San Antonio College, but everyone's welcome.

[Christina:](https://www.rev.com/transcript-editor/Edit?token=KJjeQle-kpWfatruvUbNIuuIusno6FbuWwFyBZ8jlBQYw8QSMkFSaYEh4Pjr7d_7MfJTm-PW-HO2mSZ2sHk38WMLSOM&loadFrom=DocumentSpeakerNameDeeplink&ts=45.42) Hi, it's Christina here, and as you're getting into your spring semester we wanted to bring you an episode that address some of the stresses you might already be experiencing. And some really innovative and of course relaxing solutions. We recorded this session live at Spring Flex Day, so if you missed it then, now is your chance to reap all the relaxing benefits of this presentation.

[Christina:](https://www.rev.com/transcript-editor/Edit?token=5udp1BE-KOfKQ6z0NA1wzu6nXqYecCD51mBg8p5PuD9cBJHDIX00q-Tszaiv-yahWKVxg3qyenWahxRU-hXxxyhDZ9g&loadFrom=DocumentSpeakerNameDeeplink&ts=67.32) Professor of Administration of Justice, Lance Heard will introduce Forest Therapy. He'll tell you a little about his journey in discovering it. What the experience might be like. The health benefits, how you might introduce it to your students, and how you can employ our very own wildlife sanctuary that is a part of the Mt. SAC campus. Here's Lance.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=mS2speSDuihSP_Y4_1IfVGi-uqcTZSV1XYXPCxyPQalCishdrYjlCkymIllHZ_A8lMwxq2q8q8KSyo7iBncVnRkpYxY&loadFrom=DocumentSpeakerNameDeeplink&ts=91.92) I'm Lance Heard. I teach in Administration of Justice, Public Safety Programs department. We have paramedics, we have fire and we have police disciplines over there. Over in the technology and health division. There's a connection between stress and illness. There's a real link and that's going to be one of the focuses on, is the link between stress and illness.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=3yFIFje78YZQ7zxhzYgKCeZPQp2QlE9GUWHJUcleWdfzhSX-Rci6hfmVa1KOlivd2K9sLtQwzbJrHp6ESjM2FX9zF3I&loadFrom=DocumentSpeakerNameDeeplink&ts=121.37) For me, just a little background, 'cause I think stress is key in learning about my background. My father was in the Navy, so I grew up as a Navy dependent. What does that mean? Moving around a lot. What happens to the kid when you're the new kid every year? You learn to deal with stress at a very early age, right? And you either survive or you don't. What did I do after I left home? 'Cause my dad was a Navy guy, I went in the Army.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=6K7Ql795ELy5Ubfk3OmE-8hiC_QGwD83lCKxVgCZv1u8qw3Hw-6eO_5faT1ZgDDd7xGKijLwRrLxPR_Pf_cQ-Rvzw7o&loadFrom=DocumentSpeakerNameDeeplink&ts=153.69) But I didn't just go into the Army, I went to the United States Military Academy, West Point. They're designed to put as much stress as possible on the cadets to the point where you know, emotional hazing is part of the entire freshman year. I did my research, I did my homework before I went there. Physical hazing wasn't eliminated until two years before I got there. Now two years before I got there was the first year that women were admitted to West Point. And I am so thankful they admitted women to West Point, because I think that was one of the drivers in removing physical hazing, but it was stressful none the less.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=BSQC6BrsCtOyXT5XixyATpYIDA8XHqdLtkFVT2lgvOP545wHWfeiZHhO4EOfeOwIZx4YT1MRPy18GJrfyvus3jRoKHU&loadFrom=DocumentSpeakerNameDeeplink&ts=193.36) In the Army, stressful, yeah, stressful being in the military. We have students now, returning military students who are dealing with those kinds of consequences. But wait, wait there's more, what did I do after the military? LAPD. Now, history lesson, I was on the streets when the Rodney King verdict was ... Yes, that was me in the city of LA. How did I feel about stress? Stress was just a part of my life, we all have stress don't we?

[Lance:](https://www.rev.com/transcript-editor/Edit?token=7n2V3yWxPuHmjiVYM2JGllxp9zG0tyqIbtnDzZvBM3McnEN9PDbfidEQz7Vv6loQqFSIc0GNAhQvX2P7g_FuwaqKO6g&loadFrom=DocumentSpeakerNameDeeplink&ts=229.41) What happened to me was, recently while I was dealing with stress, one of the things that I didn't realize was I wasn't that young cadet anymore. I wasn't that young Army officer anymore. I wasn't that marathon running police officer anymore. And the stress that I was dealing with at my age now, I wasn't coping the same way I was coping before. Ultimately I'm sad to say I got ill, I got really ill. I didn't realize until after my health care provider, they diagnosed me. You know, what they told me? We want you to take this workshop. You know what that workshop was? Stress and illness. They're recognizing the connection between unproductive stress responses and preventable illness. And it wasn't until I attended that workshop, that I discovered that my not good handling of stress ultimately led to the illness.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=1tJhUROOZ3358OJpdrZvUH3OMYqIPKX0fow0GDawQPeST14ayiV7UNQOMTiYocDRE41F1QN9YBzVQYZ51hO694i2F0w&loadFrom=DocumentSpeakerNameDeeplink&ts=294.8) I got introduced to mediation which I was somewhat familiar with. During that workshop, I got introduced to Yoga which I was very familiar with. They taught us about how to identify stress and what appropriate responses were. I really enjoyed that workshop. Ironically enough, my wife, separately from me dealing with a completely stressful work situation, discovered meditation separate from me. She discovered Yoga, I had tried to get her to do Yoga I don't know how many times, couldn't get her to do it. She discovered Yoga and she's a nature love, and she discovered Forest Therapy, and she invited me.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=cpTTJifWM3PwsEH91W5qVRXt7VHe1r-1kWKH2RyjzBW3qWXLDwSvJFvL3lj74PG0d3GmLYovz3eZcnSBVfJCwkEUVCw&loadFrom=DocumentSpeakerNameDeeplink&ts=334.84) She and I have been involved in Forest Therapy for about a year now, little over year, I'm very glad. This was a personal experience for me, one that I wasn't prepared for. Because all my life stress was just something I thought I dealt with well. Never thought that I would you know, suffer as a result of it. It was kind of a wake up call for me.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=LzAGcPkeXc1BFlgwYImQqKQpodwUzN0IPPpqIh45U6G1ImDn3prHGYX5p6tmvOcTQZFBa_167Nb-6KWSsr1dl5fGwWw&loadFrom=DocumentSpeakerNameDeeplink&ts=355.94) It was a direct relationship between not dealing with stress appropriately, long term stress levels and preventable illness. This is from one of the books I have now. The problem with our ... And what I want you to think about is think about yourself when I read this, "The problem with our busy city lives however is that stressful events keep piling up. There will be emails to answer, coworkers demanding attention, a deadline looming. The shopping gets done, the bills to be paid and our cortisol levels remain always slightly raised. When cortisol is released constantly it can disrupt all our body's process. People who produce chronically high levels of cortisol are at an increased risk of numerous health problems."

[Lance:](https://www.rev.com/transcript-editor/Edit?token=j5YQHwbtxapR9wOlGa_1Yz8mnCf2EN16gJDs_0fqWoPSG6z5e2xPA5cXsFxg8b8SSJXwGQQcAibJd-j4BkJntiF5_2U&loadFrom=DocumentSpeakerNameDeeplink&ts=404.03) Who's done forest bathing before? Forest bathing, what's that right? Who's ever heard of forest bathing before? Who thought we were going to the sanctuary today? When I talk about Forest Therapy and Forest Bathing it's two to four hours in a forest setting. The modern form of Forest Therapy originated in Japan about 30 years ago. It was a confluence of events, but one of the key things ... Well, two of the key things were, Japan was recognizing a lot of work related stress, and a lot of work related absenteeism, stress related absenteeism and loss in production.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=1WQXpkZlp5jLW1M1z6PAm0_iDaLcptXKj4svW5cn_gDsppst8PJi1xWXZmV2u0A_4tCF2W8ZIm4e7T2pphMWTnI-d_w&loadFrom=DocumentSpeakerNameDeeplink&ts=448.47) At the same time they were discovering nature, and they wanted to kind of combine those challenges and the term Shinrin-yoku was created. Which literally translate into forest bathing. Here's a definition for you, it refers to the practice of spending time in forested areas for the purpose of enhancing health, wellness and happiness, key happiness. The practice follows the general principle that it's beneficial to spend time bathing in the atmosphere of a forest. You can do forest bathing all by yourself, or you can do it with a guide. I mentioned Yoga, anybody do Yoga? Anybody do Yoga by yourself? Do you do Yoga with a Yoga instructor? Do you notice the difference?

[Lance:](https://www.rev.com/transcript-editor/Edit?token=x5YSnDToEMVf9SeS23qE3Hb80k9dSetxu5OyOdlvQZwlPiIOTTLejT4cto6YdWtWIJw7NZenuhIS6c4paOfJdRf6HFE&loadFrom=DocumentSpeakerNameDeeplink&ts=492.23) I use those analogies 'cause it's very similar to forest bathing, you can do it on your own. But when you do it in a group with the help of a guide you can get more out of it just like you would any other practice. The first step is to enter the forest with an intent. What do I mean? You're telling yourself, "I'm going in here and I intend to have an interaction with nature around me." It's important, why is it important? What is it we often do? Where are you at right now? Probably statistically speaking, 75% of you are right here in this room right now. The 25% of you are where? Where you were before or where you're going next, right?

[Lance:](https://www.rev.com/transcript-editor/Edit?token=Uks1SUL2PoW___MEiKRTCvRXqbSWKm-AHNYyEp14YFmowLgOnIoHUliM7HPjU7nhMAlKdJQ8E0M9Vi_JLvobYQ7IIUg&loadFrom=DocumentSpeakerNameDeeplink&ts=534.39) For Forest Therapy to work best for you, before you begin it. You're telling yourself, it's just going to be me and nature, then you cross the threshold. Think of it in terms of a ceremonial first step. I'm going to enter into nature. The next thing you do once you've crossed the threshold, is you're going to become aware of yourself and your senses, it's a very sensory experience. Primarily at this point, you're talking about sense of sound, hearing and the sense of touch. You may be invited by your guide to close your eyes, feel the breeze on your cheek. Raise you hand, feel the warmth in the air, feel the coolness. Feel the uneven soil on your feet. You may be still, listen, what do you hear? You know, how far away is that bird?

[Lance:](https://www.rev.com/transcript-editor/Edit?token=xHiHQ8hYjbTSK7I42XnUcoCUg3O6uXIiRx_27OFnMWKMCNddbjHOpQvieJpo1Q7nolFnQA63zrL_tKcpnUVVcGtZfHU&loadFrom=DocumentSpeakerNameDeeplink&ts=598.36) Basically just get in touch with what you're hearing, with what you're feeling. It's a very sensory time. It helps you connect, it helps you separate from the external and let's you connect with the internal, so that you can relate to the nature around you.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=3ifMG-JDx9kmlcZgtEth46Y01-iar9gvd_TQKGtEVjr_ng23ltcT-n-oCZeOucYQLf7cwqSyp3VLBcmA3o99Hqf_M30&loadFrom=DocumentSpeakerNameDeeplink&ts=616) One of the things that's really nice about doing Forest Therapy in a group. Is that as you are doing this, you're asked to notice what you're noticing. What do I notice? The warmth in the air, the sound of the birds. I can't remember the last time I heard a bird sound. How that sound makes me feel? Guess what, research shows that when we hear pleasing sounds, it has a positive effect on our psychological health and on our physical health. Research has shown that not every bird sound has that effect.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=548XK7oXbctKNQFkjBd2ubdAJL-7yCkGHEON55kx-x3-XC04zIQfBEfovKlSqkl_qdkmuDQZV8RPppV5YufgOr87sdo&loadFrom=DocumentSpeakerNameDeeplink&ts=659.86) When I say this, notice what you're noticing. In a group we have what's called a share circle. Once you become aware of your sense, how you feel, what you've heard. You have an opportunity to share. You don't have to share, but you can say, "Hey, I'm noticing this. I didn't realize how much tension I had in my shoulders before we started. Just getting in tune with my body, I was able to release some of that stress." The circle goes around and you get to share and you get to hear other people share. You get the benefit of experiencing this not in your own side of the isolation, who with other people who are experiencing similar things that you're experiencing.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=GmtKoATphDjTFfho7dWaTw00nqf_UmWVNa3wydre3ypofQNSeRCekOpFxyQz58ovwwubAtP1pIXoaiz7mp5ouu2fpHY&loadFrom=DocumentSpeakerNameDeeplink&ts=701.66) The next step is a walk. And for many of you, it's not the walk that you think it is. Some of us go on a hike, some of us you know, you got your Fitbit. And you get to a trail and it's like, "I'm going to get to that, I'm going to do this." No, it's none of that, it's none of that. This is a walk without any destination at all, without any goals at all. This may be a struggle for some of us, right? This is an aimless walk in the woods. But what are you doing? You're noticing one very thing to focus on, what else is moving besides you? What do you notice? Do you see a squirrel? Do you notice that bird you heard before? Is there a body of water around? Are fish popping up? Is there a duck landing? Do you notice the light reflecting? Do you notice a ripple in the water, the movement? How bout just the movement of a leaf as it's blowing in the wind? Something as subtle as that.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=knd97tDYHzAfDmO0DThjUMwmVuZXEp1edxF_Zf-A9u8ga7n8NedAxXFeqgpSV5dLEuKaF6Byjb8j9nhOPSJCnJM7FWM&loadFrom=DocumentSpeakerNameDeeplink&ts=767.46) Some of the things that I've noticed, insects. Those of you who are into insects like me, it's a chance to reconnect. It's amazing what you can notice what else is moving in nature besides you. The next thing. You have an opportunity, a chance, to notice what you're noticing. You can share, I can share, "Wow, I saw a spider web. I noticed something about it I never noticed before or I haven't thought about in years, or weeks, or months."

[Lance:](https://www.rev.com/transcript-editor/Edit?token=TGIwzI37sk3YfcxIC_egx2l2wEsFVRK3MINJCX8NWe5TXfTvhlsuhH9lP6Pd90UZ7LunpxAD8CLNjwoGNen8cDSLgz0&loadFrom=DocumentSpeakerNameDeeplink&ts=801.34) Now that you've gone on your walk, you might take a short pause in walking, and do what's often referred to as exploring infinite possibilities. What these are, different invitations. Believe it or not, listening and feeling was the first invitation. Walking and noticing was a second invitation. And we use the term invitation because it's up to you to do as much of it as you want to. It's not a command, it's not a direction, it's not a you shall. It's try this, try that.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=ocZoei_waEOfwNYNfDb2-QhkNuE-_lmBiD5oHFh1dAKTVKv91W-Uh1a0sy2EGW1k6QeY3Z-tMmnL7HFBbHQ9XlUe7-U&loadFrom=DocumentSpeakerNameDeeplink&ts=837.68) It's infinite because you could decide to take your shoes off and wade into the water, feel what it's like. You could decide to just lay down in the grass, lay in the sun. You could decide to chase some birds, collect things in the forest. Build a little collection pile of things that you find, do a little scavenger hunt. One of the senses that I like to engage during this time is the sense of smell. Plants, smell a flower, smell a leaf, engage in it.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=_l6HEvsM_cqqvNuDIZT6URWU2Ap3YQXyLmiYcW1DOma-RHxsk7bjV9zga8OYoANkx7E04eCh4K9BRrdeMtI_sHEOCII&loadFrom=DocumentSpeakerNameDeeplink&ts=871.8) In the formal process of Forest Therapy, one no more than three invitations that you might do at this point. You've got in touch with your senses, you've gone on a walk, you've done one other thing, maybe two, maybe three. That's going to determine how much time you're going to be in there. If you do one, you can probably knock it down in two hours. I'd say generally speaking, you're looking at a three hour time frame. I've been on several two hour sessions and they're good.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=bQxCgZdsMTZ_aBVEtpjnzVXzYvaLYYhsIpJBWZKDR66fWguPgCrmkZi4ScqKQYZw3o56AMKNu_MN_M4k5Tm6qLDdyak&loadFrom=DocumentSpeakerNameDeeplink&ts=902.92) You find a spot at this point, a favorite spot, something that's drawing you and you sit. But what do you do while you sit? You could journal, I actually have a journal that I use, or not. You can just sit and embrace the time that you spent there. What we find is that after doing the other things, you've reached a state where you are really feeling different from the way you were feeling before. You may be feeling more energetic, you may be feeling more relaxed, more restful, more contemplative. And so, you're encouraged to discover, hey, what's been revealed to you at this point?

[Lance:](https://www.rev.com/transcript-editor/Edit?token=UQIDHjw7NGcbzD9xrA3lSgqqvSskfQgKaotpQ9iLNGMt7kctHiksMOzHrP-sPdgDl0l7GxWOMCpLLusEsMhTqZv8r74&loadFrom=DocumentSpeakerNameDeeplink&ts=945.34) There's no right or wrong answer. Maybe it's something that was on your mind, a decision you had to make before you came in, and maybe you have a revelation about it. Maybe you've got an idea. Maybe just you're glad that you're where you're at and you're glad you spent the time there, and you're really enjoying it and you're surprised on how enjoyable and how relaxing it is. It's whatever you come up with, because it's your time.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=vDgzOJCXALFR9gDHxlu5dkgUs9wv6VIt556VmUvbbmB0CkcQO5mImD38hQwymdBz6GY3pjXqffcXn6M5nq7jmCKFElA&loadFrom=DocumentSpeakerNameDeeplink&ts=970.49) One of my favorite parts of doing Forest Therapy with a group is the tea ceremony. Because you get to sit down, you get to commune, you get to drink some tea, have some snacks and share the shared experience. Another benefit from doing it, is it kind of helps you kind of reconnect, 'cause your session is just about over. You're about to go back out into the world. You can get a little vertigo, yeah, you can actually. It gives you a chance to kind of get your bearings, you know, get a little carbs in you and get on with your day.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=AoqWMZ7TY72tn5IRqTepaD86sDpZnbsFIWeZAfAJ2tiPVrmGFQRvCgQF_kBF9PKHPuv5mnqncdRgSiSUktF2iujSEy4&loadFrom=DocumentSpeakerNameDeeplink&ts=1010.4) But it also, what I really like about being in community, is you really get to share with each other what you got out of that experience. It can be a really nice time, it's a celebration. Then the last thing you do is you return to that threshold and you exit your session.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=OFIlfCZpOb_bfsK-aWRLBMOlnxN1Uuc9d2hWPcQegTikgmKIrWhwo9OXWA7Ts7ze_hQC7_xIY_3kE6ylIXuXYw3DBUc&loadFrom=DocumentSpeakerNameDeeplink&ts=1026.49) Here's some of the research, there's a lot of research out there. I'm just giving you a taste. It's beneficial to your emotional health, to your mental health. Statistically, the research has show that people who participate in Forest Therapy have less depression. Also a deeper sense of mental relaxation, which is a form of mental health. This sense of wonder, it's referred to as awe. That when we are awed, it has tremendous healing effects on us.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=IDAqCLVA06-KXUqtqzm8hLh4Nk3CStDzJ7Fqr2t1lMFSXJPqUFBtdN5-va4jwT5xfuOfE9EQCdpMG2_gEhT0_yTVmaE&loadFrom=DocumentSpeakerNameDeeplink&ts=1058.51) Those of you, like you say you've gone to the grand canyon, you've gone to these amazing places and you've just stared and said wow. It energizes you, it gives you a sense of hope. These are statistically proven that is has that effect on human beings, when they have awe inspiring experiences.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=m5r2naXl6sTkXEZS06cy69q-DBQ5G0S6XPatR8zvXnzpwB2lsMJDFZ6ZbGSqxkygeKhmyd29DD1NQPyKy_NYOYxQw3g&loadFrom=DocumentSpeakerNameDeeplink&ts=1077.42) I'm convinced that Japan and South Korea are way ahead of the west with Forest Bathing, and you know, we're really lagging behind. Japan really started 30 years ago. They have 62 Forest Therapy bases that they have certified, that have federal support. Where you can go and a person can set you on a path to spend your time getting healthy in the forest.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=bGYws_5J0Jckcm6DHOxokXKvmvy-mbsTMWsjqoV5of34XpYy7zQ6Dln8BTvbzBaP9IQ2Z7df2drhF8PPDMYqCSRxmJM&loadFrom=DocumentSpeakerNameDeeplink&ts=1104.12) Research has shown that five hours a month is enough for the healthy of us, those of us who are psychologically healthy, relatively healthy, we're just stressed because of life and because of work. Now, I want to talk about students. Ask yourself this, what do you do with a student who's absent? What is your approach? What happens when your student has a cold or the flu? Do you want him to come to class and then everybody is sick now including you? What are your experiences with students who have long hours, lots of family demands. So I'm thinking about is that student who misses class because of work. Then they miss another class because of a family emergency. That's never happened right? Then they get sick, now they have three absences. What are you going to do? Do they fall behind? Has that added any stress to their situation, now they're trying to catch up?

[Lance:](https://www.rev.com/transcript-editor/Edit?token=URHGZige5ZVxA0mWymKYl6UopApz3Y-CsPLBo-HVRvkDE6_hnJ5KBYBGEepL13e98dlC47Hr3urlDW9kJeQbVhb_hX4&loadFrom=DocumentSpeakerNameDeeplink&ts=1154.43) Wait a minute, is yours the only class they missed, or did they miss other classes too? Thinking about those students, what happens to those students that you have? How many of them drop out? How many of them don't make it to the end? What solutions do you use for students who are absent due to illness? Has anybody really thought to address it or we just say, "Hey, maybe they'll do better next semester?" Let's say you have a class of 20. If one less student withdraws from your class because of your illness, you know, a illness related absence. That's a 20% increase in success rate.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=syJQq3MKffhVpzoO7ZH7uRZNGOkzh6zoUIrQ48bdvYlI6m4qVuqFyxNZ4T24_TqQM061f6JbseaSaZ4coXsXiiSsLh4&loadFrom=DocumentSpeakerNameDeeplink&ts=1184.91) If there's a way, if we can simply say, "Look, if you're going to be a full time student, full time work and a full time parent. Why don't you take a couple hours and go to the forest?" At least you won't miss class from being sick. 'Cause you're probably going to miss class from all these other demands you have in your life, but at least you can still what, finish the class and get your degree.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=JnQ6xvAyUMmRnaJeJ1XxFs5l-VJz0fgwvjsXLlKOLybiYh62_P2bOhwKWWNDLPyhkQOyu6Mgh8sWfEgbtRio_5O3TX8&loadFrom=DocumentSpeakerNameDeeplink&ts=1203.76) I've got students who say, "I just came from work." I teach an 8:00 class, "I just came from work." They haven't slept since I don't know when, right? What is their stress level just trying to stay awake? Just some ideas, just some things to think about. Is there something I can do or say that maybe this student won't drop out or get sick and disappear, and I don't know what happened to them.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=sX3ZCb6MbEkcmyvV4irCmtkoE93oqwnrn-2BKrZD4PWYu8pACHEG4PdFqY_iRH9FwkjzWY8eJv2byfdZDrH6b6FMmSA&loadFrom=DocumentSpeakerNameDeeplink&ts=1224.52) The last part, what I call educational outcomes from forest bathing. And the first one is relaxation, and the waterfall, the birds. I firmly believe students learn better when they're relaxed. They retain more information when they're relaxed, which is an important goal we all have. What can you do in your class to promote that relaxed learning environment. Think about how stressed they are when they come in. See if there's something you can change and do before you head into everything you're doing. It doesn't take much time to do that, even if it's just having that YouTube video up there. Think about ways you could promote a relaxing atmosphere at the start of class using the sounds of nature.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=H8zcdzZeJip2jJBGXEzOzRZdJ9sO_24F4F59qa0Ve5JNzk_PaYaHA8eY8TGkdm3CldxnxEAULjMQDOo-kzGSiQYysNo&loadFrom=DocumentSpeakerNameDeeplink&ts=1268.12) Now, I do want to say one thing. Hopefully you figured out by now, one reason for forest bathing is it's easy, anybody can do it. You don't need any gear, you don't need any money, you don't need any physical exertion to do it. You just need the time and the place, that's all you need. That's one benefit from it. You can do it with family, you can do it with friends, you can do it with your kids.

[Lance:](https://www.rev.com/transcript-editor/Edit?token=Jvoxpc1oNoKN8E9q1yns4eTPNiw4_Yg232zR4mJlGGckFXw1qMgpWtIlBeiQuzsOdS5PyrGOHgf6oak0sueLHOQ3_BA&loadFrom=DocumentSpeakerNameDeeplink&ts=1291.11) Physical health and well-being. Key is, healthy students are less likely to miss class for illnesses. The fewer the absences the higher the success rates. Here's the question, are you interested in talking to your colleagues about doing it this semester. Just have that conversation with them, say, "Hey, I attended this, there's another workshop March 28th. What do you think? Have you ever done this before? Have you ever heard of it before?" Get that conversation going and we can really have a difference in the fall with people interested in doing it, wanting to do it and we can rediscover the wild life sanctuary at the same time. Thank you everybody.

[Liesel:](https://www.rev.com/transcript-editor/Edit?token=6MRx_1VzleUVMwmkzACe78UK3udqJqistX8NiFmGKxiK2_697ItZz_jCB99_Q-0uce7Wxq6OXGABAufw-viHKvyNT3c&loadFrom=DocumentSpeakerNameDeeplink&ts=1335.82) Hey, thanks so much for joining us for the Magic Mountie Podcast. We love your likes, we love your shares and we love your comments. Please engage with our community, download from wherever you love to get your podcast, iTunes, Google, Rate My Professor, we're there. And we want you to be back with us last week. Remember, any opinions that are expressed in this podcast, do not necessarily represent Mt. San Antonio College or any of its agents. We'll see you next time.