

# Seminar Five: Stress



Artist: **Icy & Sot** Photo: **Brooklyn Street Art**

[https://www.youtube.com/watch?v=\\_WD2gZ1C92Y](https://www.youtube.com/watch?v=_WD2gZ1C92Y)

<https://www.youtube.com/watch?v=OxtwWNKoNo8>







# Shinrinyoku







Yamaguchi et al. (2006) found those who exercised in the forest had a salivary amylase activity 18.8 percent lower compared with that observed in subjects who exercised in the urban environment.

Lee et al. (2014) found significant differences in stress indicators when subjects walked in a forest environment compared with walking in an urban environment. The authors note “these trends . . . are often detected in meditation or yoga therapies” (p.4).



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By Nicole Frehsée



Photo: Adam Voorhes

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**Japanese researchers have found that leaving the civilized world behind for a few hours could be the healthiest thing you do all day.**



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