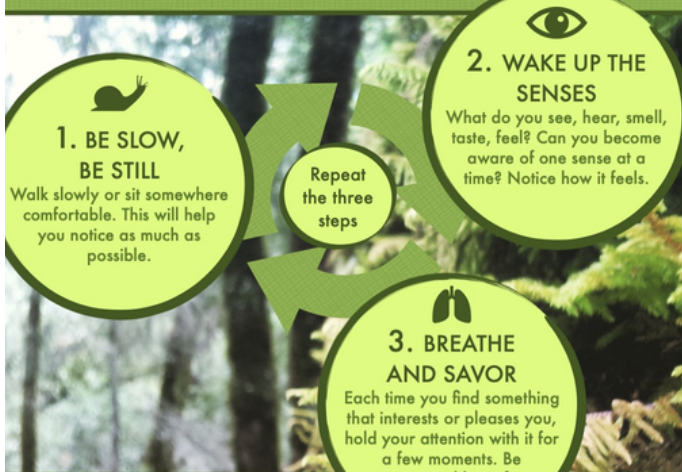


# Intro to Forest Bathing

Forest Bathing, or Shinrin-yoku, is a simple relaxation activity for people of all ages to de-stress and boost their health and well-being.

## BEFORE YOU BEGIN

- Find a place near trees or where you feel surrounded by nature.
- Commit to giving yourself 15 to 60 minutes, to participate in this activity.
- Avoid distractions such as talking or using your phone or other devices.
- When your attention wanders, gently bring it back to one of the three steps below.
- Consider practicing regularly, on your own or with others.



## CLOSING

When you are done, check in with how you feel. Then take a deep breath and enjoy the rest of your day!



For more information and to share about your experience go to:  
<https://botanicgardens.uw.edu/washington-park-arboretum/activities/forest-bathing/>

## Benefits from Forest Bathing

- The purpose was an eco-antidote to tech-boom burnout and to inspire the Japanese to reconnect with and protect the country's forests.
- Known for lowering BP, HR, and harmful hormone levels.
- Reduce stress, anxiety, depression and anger.
- Increase Sleep
- Help boost the immune system and fight cancer

Forest bathing: What it is and why you should try it - Thrive (kaiserpermanente.org)

Why Forest Bathing Is Good for Your Health (berkeley.edu)

# PASTOR'S CORNER

There is something about being out in the nature that communicates peace to our soul. King David probably learned that while shepherding the flocks of his family. He affirms in Psalm 19:1, "The heavens declare the glory of God." Nature has the power of connecting us with our Creator.

In times of distress, like losing a family member and a whole day preaching and feeding thousands, we can see Jesus finding rest and inviting His disciples, "Come aside by yourselves to a deserted place and rest a while.' For there were many coming and going, and they did not even have time to eat." Mark 6:31

Find a place in nature you can connect with God.



## ANNOUNCEMENTS

### DECEMBER 10TH

- CREATION STUDY GROUP OUTDOORS! **LOCATION:** TIBET BUTLER NATURE PRESERVE. 8777 WINTER GARDEN VINELAND RD, ORLANDO, FL 32836  
**TOPIC: ENVIRONMENT**  
**TIME: 1:30-3:30P.** REGISTER WITH THE QR CODE.



- **CO-ED FLAG FOOTBALL LEAGUE!!!**  
**START DATE: JANUARY.** WILL SEND OUT INFO ON GROUP TEXT FOR THOSE WHO ALREADY SIGNED UP.



from our CREATION SERIES:

# ENVIRONMENT

"For you who revere my name, the sun of righteousness will rise with healing in its wings. And you will go out and leap like calves released from the stall."

Malachi 4:2





## Holiday Recipe

### Vegan Green Bean Casserole

- 1 pound green beans (rinsed, trimmed and cut in half)
  - Sea salt and black pepper
  - 2 Tbsp vegan butter or olive oil
  - 1 medium shallot (minced)
  - 2 cloves garlic (minced)
  - 1 cup finely chopped mushrooms (button, baby bella, or cremini)
  - 2 Tbsp all-purpose flour\*
  
  - 3/4 cup vegetable broth (DIY or store-bought)
  - 1 cup unsweetened plain almond milk
  - 1 1/2 cups crispy fried onions (divided // I love Trader's Brand – check ingredients to ensure vegan friendly)
- <https://minimalistbaker.com/vegan-green-bean-casserole>

## Contact us:

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# OUR MISSION

*To educate , inspire, and grow our community in health, lifestyle, and prevention .*



## About Us

**Danielle King, Ministry Lead: RN/BSN, Health Coach, Certified Holistic Nutrition**

**Duleynis Collins: Service Account Manager, United Healthcare**

**Yalisa Rosa: Advent Health for Children's Pediatric Weight and Wellness Program**

**Ambar R. Marín López, MD: Emergency Medicine**

# HEALTH AND WELLNESS MINISTRY

