



Shinrin Yoku

Shinrin-yoku, or “forest bathing,” is a Japanese practice that means immersing yourself in the atmosphere of a forest using all your senses. Developed in Japan in the 1980s as a public-health approach to stress, it is not exercise or hiking for fitness — it is slow, mindful presence in nature.

Benefits to Wellbeing

Mental & Emotional Health

- Reduce stress and anxiety
- Lower symptoms of depression
- Improve mood and emotional stability
- Increase feelings of calm and clarity
- Reduce rumination (overthinking)

Natural environments help shift the brain from a threat-focused state to a restorative one.

Physical Health

- Lower blood pressure
- Reduced heart rate
- Decreased cortisol (stress hormone)
- Improved sleep quality
- Strengthened immune function

Connecting to Nature

- Encourages awareness of seasonal cycles
- Builds a sense of belonging within ecosystems
- Promotes gratitude and awe
- Can reduce feelings of isolation
- Strengthens pro-environmental attitudes

Why It Feels So Powerful

Modern life often keeps us in fast, artificial environments. Forest bathing counters this by providing:

- Sensory richness (sounds of birds, wind, water)
- Fractal patterns that calm the brain
- Cleaner air and natural light
- A slower pace that signals safety to the nervous system

Generation Green

Generation Green is an initiative aimed at **encouraging young people to engage with nature, outdoor activities, and environmental awareness.** It often focuses on children and teens, helping them reconnect with the natural world in a time when many spend increasing amounts of time indoors or on digital devices.

Key Aims of Generation Green

1. **Promote Outdoor Engagement** – Encouraging children and young people to spend time outdoors through activities like walking, gardening, wildlife observation, and exploring green spaces.
2. **Improve Health and Wellbeing** – Supporting mental and physical health by fostering active play and contact with nature.
3. **Build Environmental Awareness** – Teaching the importance of nature, biodiversity, and sustainable practices to cultivate environmentally responsible behaviours.
4. **Reduce Inequalities in Access to Nature** – Ensuring children from all backgrounds have opportunities to experience green spaces.
5. **Encourage Lifelong Connection with Nature** – Inspiring habits and appreciation for the environment that last into adulthood.

World Threats

Pollution's Threat to Sunderland:

Air Pollution:

Like many urban areas, Sunderland experiences air pollution from vehicle emissions, industrial activity, and power generation.

Water Pollution:

Sunderland's coastal location means that its waters can be affected by industrial discharge, sewage, and plastic waste.

Global Impacts of Climate Change:

Extreme Weather Events:

Climate change has been linked to an increase in the frequency and severity of extreme weather events, such as hurricanes, floods, droughts, and wildfires. These events not only disrupt ecosystems but also cause widespread damage to infrastructure, homes, and businesses, leading to economic losses and displacement of communities.