

# Connecting to Trees

Spending time around trees and looking at trees reduces stress, lowers blood pressure and improves mood. If you can get close to a tree, touching trees can induce relaxation.

Try brushing your hands over the textures of the trunk, or gently rubbing leaves between your fingertips.

## 1 Find a Tree

Find a tree that is local to you and is easy for you to get close to.

## 2 Put your hands on the trunk

feel the texture of the tree beneath your hands. Pay attention to how the trunk feels under your hands. Put your face close to the trunk and take a deep breath. What can you smell? What does the bark smell like?

## 3 Soften your gaze and look at the bark on the tree

Set a timer on your phone or watch for 3 minutes and allow your focus to be taken up by the patterns on the bark. Really notice what shapes, patterns, textures you can see. If your mind wanders off, gently bring your focus back to the patterns on the bark.

## Fractals consist of a pattern that repeats on a finer and finer scale and are widespread throughout nature.

Trees are fractal by nature, meaning that patterns created by the large structures, such as the main branches, repeat themselves in the smaller structures, such as smaller branches.

Research has shown that when people view naturally occurring fractals in nature, it increases the alpha brainwave activity in their brain. Alpha waves are produced when people are relaxed, and they are linked to positive health benefits.

Just looking at these patterns will have profoundly beneficial effects on your body and mind as well as helping you to create a relationship with an amazing, living being.