

Why is ecotherapy trending?

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Ecotherapy, also known as Nature therapy or the Japanese practice of shinrin-yoku (forest bathing), is gaining immense prominence among fitness enthusiasts globally. There has been research about how going outside can boost your physical and psychological well-being. Research in 'Frontiers in Public Health' suggests that it can help with psychosocial conditions like depression, chronic stress, post-traumatic stress disorder (PTSD), etc.