Resources – Module 1 – Introduction to Ecotherapy Course by Nature Calling

Video: Why Nature is Good for your Mental Health:
https://www.youtube.com/watch?v=jSgCo3bvaX0

Video: David Attenborough on Nature and Mental Health:
https://youtu.be/h29z-l3XTlk?si=5Vek_2Fush1Bwvhl

Reading: Ecopsychology: How Immersion in Nature Benefits Your Health
https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health \

Reading: The Great Outdoors – 8 Ways Nature Benefits your Wellbeing
https://www.stlukeshealth.org/resources/the-great-outdoors-8-ways-nature-benefits-your-well-being

Blog: Free the Sole to Free the Soul https://www.earthboundless.org/blog/free-the-sole-to-free-the-soul