



Mental Wellness Programs For Seniors (or Health Care Organizations)





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For more info please connect through our website www.rootsandbranchesfs.com
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Welcome to a world where we teach mindfulness and connect to the earth so it becomes as natural as breathing. We are here to help you on your journey.



Natasha Pang Robertson is dedicated to helping others find their true nature within. She is a long time teacher of 18 years teaching students K-12 as well as adults. She is a certified forest therapist guide with the A.N.F.T. and certified in Singing Bowl and Gong Sound Healing. Natasha has studied mindfulness through a variety of means, including mindfulness communication and has completed a two week silent vipassana. She has

spent the last five years volunteering with her programs at St. Joseph's Heritage, St. Joseph's Long Term Care Unit in the hospital as well as in the Warehouse with the March of Dimes. She knows her programming makes a difference and would like to share it on a regular basis to help the seniors and patients in Thunder Bay feel peace. She loves to rock climb, meditate and paint when she is not deep in the forest.



Our vision is to help others achieve self-awareness and a positive state of being for overall health.

We strive to offer holistic programming to help others with mental wellness. We facilitate mindfulness sessions through forest and sound therapy to help people with their mental state.

Why Mental Wellness?

The importance of mental wellness is often overlooked. The World Health Organization recently announced that mental disorders, such as depression, are the leading cause of disability around the world. In Canada, one in five Canadians are dealing with mental illness. This does not include those Canadians who are experiencing less severe mental health issues or those who provide support to a loved one suffering from a mental health disorder. The 2007 National Physician survey estimates the economic costs of poor mental health care in Canada — both direct and indirect — to be a staggering \$50-billion annually. Of course, that survey only accounted for the economic costs, not the human costs of ignoring our mental health.

Both physical and mental states of unwellness typically require longer than a single day to recover from, not to mention the use of other resources such as medication and doctors' visits.



“ Enlightened organizations recognize that investing in the health of their people is good business. ”

Be enlightened! Give your team good health and create good business! Come to Roots & Branches Forest School and watch how your team flourishes before you!



Help your organization save on costs, speed up healing and give mental rest opportunities. Book a program for your clients and be a leader for mental health!



Benefits for Participants, Health Care employees and Patients

Roots & Branches Forest School can help participants:

- Build trust within teams, organizations, patients and employees
- Strengthen bonds with other team members
- Combine thoughts and ideas in new ways
- Recognize and expand intuitive abilities – without fear or judgment
- Step outside their usual comfort zone
- Focus on listening and communicating
- Adapt quickly and confidently to change
- Examine issues from new perspectives
- Work collaboratively and effectively
- Think inventively
- Learn by doing
- Increase Self Awareness
- Improve Mental Health
- Rejuvenate and Revive
- Apply experiential skills to work/other scenarios
- Reduce pain management
- Improve engagement with their health, particularly in patients with chronic pain
- Improve ability to promote their health and well-being outside of a clinical setting
- With chronic pain, fibromyalgia, cancer, anxiety disorders, and depression



We teach Mindfulness. Proven to help with physical and mental health!

Benefits of Mindfulness

Emotion regulation. There is evidence that mindfulness helps develop effective emotion regulation in the brain (Corcoran, Farb, Anderson, & Segal, 2010; Farb et al., 2010; Siegel, 2007b).

Decreased reactivity and increased response flexibility. Research has demonstrated that mindfulness meditation enables people to become less reactive (Cahn & Polich, 2009; Goldin & Gross, 2010; Ortner, Kiner, & Zelazo, 2007; Siegel, 2007a, 2007b) and have greater cognitive flexibility (Moore & Malinowski, 2009; Siegel, 2007a, 2007b).

Intrapersonal Benefits In addition to the affective and interpersonal benefits identified above, mindfulness has been shown to enhance functions associated with the middle prefrontal lobe area of the brain, such as self-insight, morality, intuition, and fear modulation (Siegel, 2007b, 2009). There is also evidence that mindfulness meditation has numerous health benefits including increased immune functioning (Davidson et al., 2003; see Grossman, Niemann, Schmidt, & Walach, 2004 for a review of physical health benefits). Mindfulness meditation has been shown to improve well-being (Carmody & Baer, 2008) and reduce psychological distress (Coffey & Hartman, 2008; Ostafin et al., 2006).

Empathy Mindfulness meditation consistently has been theorized to promote empathy (Anderson, 2005; Fulton, 2005; Martin, 1997; Morgan & Morgan, 2005; Shapiro & Izett, 2008; Walsh & Shapiro, 2006)

Compassion In addition to empathy, a second therapist characteristic that seems to derive from meditation is compassion. For example, MBSR training has been found to enhance self-compassion in health care professionals (Shapiro, Astin, Bishop, & Cordova, 2005) and therapist trainees (Shapiro, Brown, & Biegel, 2007). Kingsbury (2009) investigated the role of self-compassion in relation to mindfulness. Two components of mindfulness, non-judging and non reacting, were strongly correlated with self-compassion, and two dimensions of empathy, taking on others perspectives (i.e., perspective taking) and reacting to others' affective experiences with discomfort. Self-compassion fully mediated the relationship between perspective taking and mindfulness.

Decreased Stress and Anxiety Research has found that premedical and medical students report less anxiety and depression symptoms after an 8-week MBSR training compared to a waiting list control group (Shapiro et al., 1998).

http://www.traumacenter.org/products/pdf_files/Benefits_of_Mindfulness.pdf



Many companies have already adapted mindfulness practices.



To name a few...

1. apple
2. Google
3. General Mills
4. Roots & Branches Forest School! :)



What is Forest Therapy?

- is also known as Shinrin Yoku, Forest Bathing or Eco Therapy
- is an Ancient Healing Practice 1000's of years old from Japan
- In Japan many agencies including government has mandated Shinrin Yoku sessions and trails just for this purpose
- There is only one Association of Nature and Forest Therapy. Prospective guides undergo an intensive six-month training program that includes an 8-day intensive, followed by a six-month practicum.
- There is a sequence that must be followed. Starting with opening the senses then offering a series of tasks or invitations to clients.
- A recent guide was asked to attend The United Nations. Forest Therapy touches on 9 of the 17 current UN Sustainable Development Goals.



Benefits of Forest Therapy

- **Forest bathing catalyzes increased parasympathetic nervous system activity which prompts rest, conserves energy, and slows down the heart rate while increasing intestinal and gland activity.**
- **Time in nature improves our mental performance and creativity.** One study of a group of Outward Bound participants found they performed 50% better on creative problem-solving tasks
- **Forest Therapy like mindfulness helps with all of the following!**
 - Emotion regulation, Self-insight, morality, intuition and fear modulation
 - Increased immune functioning
 - Improves physical and emotional well-being
 - Promotes empathy, compassion
 - Decreases stress and anxiety





Why Sound?

- Everything around us is made up of matter including our physical selves.
- Matter is in vibration and holds a variety of frequencies.
- By helping to move the stagnant vibrations we can help change our physical and emotional state.
- Studies show that patients feel less pain after therapy sessions



Sound Therapy Treatments will help you: calm your mind, relieve stress, help you sleep, dissolve physical, mental, emotional blockages and connect to your true self. Some benefits of Sound Therapy: -balances both hemispheres of the brain, changes our old patterns of behaviour, habits and way of thinking, deep relaxation, helps to recover illnesses, traumas, improves sleep, increases vital energy, flow, creativity, intuition and motivation, stimulates circulation, strengthens immune system, stress reduction, helps PTSD, reduces depression and self-regeneration



Our Offerings...

Typically we arrive an hour before sessions start and stay 1-3 hours depending on your need and our intuition. Each session is monitored by the needs of the patients or seniors present. Please email us with your needs and we can tailor your day.

- Forest Therapy
- Sound Therapy
- Sound and Guided Meditation
- Yoga Sessions with Singing Bowls

Hosted at your location!



Descriptions

Forest Therapy - Help your group find answers, relax and go within. Through a series of guided invitations or tasks participants will experience a therapy session like no other. This can be done inside sitting on a chair or at a nearby park. Participants take time to mindfully awaken the senses to what is all around us. We can facilitate these sessions indoors bringing things from nature inside. Participants will experience smells, sounds, touch and taste. This program includes shared council where participants are invited to share their answers and experiences if comfortable. This sharing method can help release emotions or bring on memories of joy.

Group Sound Bath Therapy - Participants relax, lie down on a yoga mat or sit in a chair cuddled beneath a blanket while the room is infused with a variety of musical instruments. Using Singing Bowls, flutes, drums, bells, song and a Gong to put the mind and body into deep relaxation. Guided Meditations can be infused to achieve certain goals. These sessions can be very healing and therapeutic for all. Your group has a chance to rejuvenate their minds and restore for optimal performance levels and healing.

Individual Sound Therapy: Clients will receive 15-60 minute sessions based on their needs. Sound Instruments such as Tibetan Singing Bowls, Tuning forks, chimes will be used on and around the body. This ancient practise relaxes the mind and promotes healing physically and emotionally. We can go into patients rooms or work with them in a chair.

Yoga : * The below choices based on availability of yoga teacher. **Singing Bowls are placed around and on the body during sessions if possible. Bowls are played throughout session for added sound therapy and relaxation.**

Restorative Yoga and Sound Session - Restorative Yoga is a form of Hatha where the participant is completely supported. Restorative kick-starts the parasympathetic nervous system, re-setting the rest and digest actions of the body and mind. This session is combined with the healing sounds of the Tibetan Singing Bowls. This restorative session will end with a complete Sound Bath.

Forest And Sound Therapy Combined: This can be done indoors minimum 1.5 hours recommended. One of our specialties! A quick way to boost spirit, focus and re-energize! We suggest you experience this at least once! Repeated practise is important for the most beneficial results.



Sample Itinerary

9:15	Our team arrives	We carry our instruments, mats, speaker system in and set up.
9:45	Team Meditation	We like to have 5 minutes of prep meditation prior to starting.
9:50	Seniors and Patients Welcome to Enter	You can bring in your patients or clients here. Everyone gets settled, In a chair or lying down on mats if possible.
10:00	Welcome Everyone	We play our instruments showing everyone what they are about to experience. Or speak to patients/clients in the room as they get settled.
10:10	Sound Bath	We start the sound bath once everyone is settled. We may walk around the room or stay in one location depending on need.
11:10	Tea is Served	We serve foraged tea such as Cedar or White Pine.
11:15	Sharing	We facilitate shared council and question and answer period
11:30	Clean Up	We carry our gear out.
12:00	Departure	



Book a program now!

Help your clients rejuvenate and refuel!

Our sessions are designed to enrich all lives in different areas. They are created with holistic wellness in mind. Your clients will be treated like family; leave with new knowledge, new self awareness and memories that will last a lifetime. We hope that you will join us to help awaken and relax your clients!

Check out our website: www.rootsandbranchesfs.com

Facebook: Roots and Branches Forest School
<https://www.facebook.com/Connectthedotstbay/?ref=ts>

To register please connect through our website www.rootsandbranchesfs.com

Email info@rootsandbranchesfs.com Or Phone 807-620-2753

Text or Email is Best Please Give us a few days to return your message. We may be deep in the forest playing*



Special Introductory Prices for Seniors!



Sound Therapy and Yoga Sessions **These prices are for seniors only! We have rated these prices at half off! Please Inquire pricing for Staff, organizations or corporate pricing.*

Please review booklet for full descriptions. Sound Baths are approx. 1-2 hours with an hour needed for set up and clean up.

Group Sound Bath: \$700; unlimited number of participants (\$500 for 6 bookings or more)

Individual Sound Therapy: 20-60 minute sessions per person; \$1200; max 7 hour day.

Restorative Sound Therapy and Yoga: \$850.

Forest Therapy

Please review booklet for full descriptions.

2 Hour Session: \$850 hosted at a forest near your location; unlimited number of participants

1-2 Hour Session: \$700 hosted in your building.

Sound and Forest Therapy

3 Hour Session: \$1,000; hosted in your building. (\$800 for 6 bookings or more)



Notes

****Book Your Mental Wellness Sessions with Roots & Branches****

Improving health by connecting people to themselves, others and nature. Combining techniques of forest therapy, yoga, art, and sound to improve personal mental wellness, restoration and learn stress and pain management strategies for today!