

Outdoor Guide to Boston

What is ecotherapy?

According to Healthline, ecotherapy is an approach that rests on the idea that people have a deep connection to their environment and to the earth itself. In this same line of thinking, failing to nurture this connection can take a toll on your well-being, particularly your mental health. Ecopsychology is informed by systems theory and provides individuals with an opportunity to explore their relationship with nature—an area that may be overlooked in many other types of psychotherapy.

Why is it important to 'get outside' for your mental health?

There are many mental wellness benefits associated with being outside like lowering one's risk of depression and having faster psychological stress recovery. Studies have shown that being in nature can restore and strengthen our mental capacities, increasing focus and attention.

Accessible via Public Transport (T and bus)

- Hammond Pond
- Stony Brook Resevration
- Boston Commons and Garden
- Charles River Esplanade
- Back Bay Fens

Accessible via Car

- Blue Hills Reservation
- Jamaica Pond
- Arnold Arboretum
- Mystic Lakes
- Middlesex Fells

Spending just 20-30 minutes outside has been proven to reduce stress levels significantly