

A Poem to Inspire Forest Bathing in Winter

Stopping by Woods on a Snowy Evening
BY ROBERT FROST

Whose woods these are I think I know.

His house is in the village though;

He will not see me stopping here

To watch his woods fill up with snow.

My little horse must think it queer

To stop without a farmhouse near

Between the woods and frozen lake

The darkest evening of the year.

He gives his harness bells a shake

To ask if there is some mistake.

The only other sound's the sweep

Of easy wind and downy flake.

The woods are lovely, dark and deep,

But I have promises to keep,

And miles to go before I sleep,

And miles to go before I sleep.

(poem is in the public domain)

Recommended Resources

Books by Melanie Choukas-Bradley (available at Politics & Prose):

The Joy of Forest Bathing: Reconnect with Wild Places & Rejuvenate Your Life

Resilience: Connecting with Nature in a Time of Crisis

Wild Walking: A Guide to Forest Bathing Through the Seasons (the Joy of Forest Bathing revised), June 5, 2024 (available for preorder)

(Other nature titles by Choukas-Bradley available at Politics & Prose include *Finding Solace at Theodore Roosevelt Island, City of Trees, & A Year in Rock Creek Park*)

Other nature and forest bathing books:

The Nature Fix: Why Nature Makes Us Happier, Healthier, & More Creative
by Florence Williams

Forest Bathing: How Trees Can Help You Find Health & Happiness by Dr. Qing Li

Shinrin Yoku: The Japanese Art of Forest Bathing by Dr. Yoshifumi Miyazaki

Your Guide to Forest Bathing: Experience the Healing Power of Nature by M. Amos Clifford

The Outdoor Adventurer's Guide to Forest Bathing: Using Shinrin-Yoku to Hike, Bike, Paddle, and Climb Your Way to Health & Happiness by Suzanne Bartlett Hackenmiller, MD

Healing Trees: A Pocket Guide to Forest Bathing by Ben Page

The Healing Magic of Forest Bathing: Finding Calm, Creativity, & Connection in the Natural World by Julia Plevin

Forest Bathing Retreat: Finding Wholeness in the Company of Trees by Hannah Fries

Forest Bathing with Your Dog by Nadine Mazzola (with a foreword by Melanie Choukas-Bradley)

Research on the Health Benefits of Spending Time in Nature

You will find many health studies described online about the physical and mental benefits of spending time in nature, including forest bathing.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8125471/>

<https://parkrxamerica.org/>

Forest Bathing Articles and Radio Programs

You will find many forest bathing stories in top publications such as *Time*, *National Geographic*, *The Atlantic* & *The Guardian* with a quick google search.

Melanie has been featured in a number of forest bathing articles and radio programs, including:
NPR's Morning Edition: "Forest Bathing Melds Nature with Mindfulness to Improve Health"
<https://www.npr.org/sections/health-shots/2017/07/17/536676954/forest-bathing-a-retreat-to-nature-can-boost-immunity-and-mood>

Bethesda Magazine: "Into the Woods"
<https://bethesdamagazine.com/bethesda-magazine/september-october-2018/into-the-woods-2/>