

Your favourite place

Look at the open landscape in all directions and the leafy tree curving over you and the trail. Search for a favourite place in your surroundings, or try to remember a favourite place that you passed earlier on the trail. Ask yourself what makes somewhere your favourite place. Feel the place's special characteristics and allow them to have a positive effect on your mood. Breathe in the positive atmosphere and fill yourself with the place's energy. If you can't find a favourite place right now, remember this exercise the next time you do the trail. This might help you find a favourite place the next time.

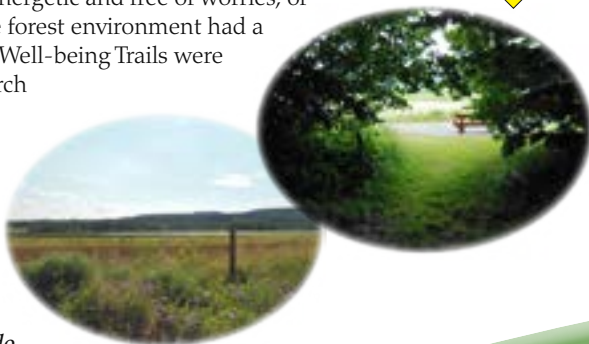


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Må bra-led

Now choose something from your favourite place (a smell, a view, a detail or a feeling) that will make you remember it several years from now. Store it in your mind. You can use it later when you need to find peace and calm in your daily life.

End of trail, reflection

You are coming to the end of the trail. The final stretch of the trail brings you back to the disabled-friendly path. If you took the time to follow the instructions on the start sign, pause again now and notice how you feel. Do you feel calm, concentrated, energetic and free of worries, or do you feel the opposite? Has the forest environment had a positive effect on you today? The Well-being Trails were created at the initiative of a research team in Finland. The exercises you have just done were created by the Leader office on the basis of the research results. The exercises are designed to promote well-being in daily life.



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We hope you benefited from the Well-being Trail. Come back and do it whenever you want. We look forward to seeing you again!



Welcome to the Well-being Trail / Må bra-led!

This signed trail (marked in yellow) is a result of the international "Forest Project – Network of Densely Wooded Regions In Europe" organised by Leader Växtlust. During the project, a research team studied the well-being effects of walking in a forest environment in Sunne. Similar trails have been created in the project's partner countries Finland, Luxembourg and France. We suggest you walk along the Well-being Trail and do the exercises described on the signs. The signs are numbered to show the order in which the exercises should be carried out. Bergs Klätt is the second permanent Well-being Trail to be installed in Sweden. The first was Åbergsleden in Sunne.

For questions, please contact the administrator of the Bergs Klätt nature reserve at Värmland County Administrative Board. Switchboard Monday–Friday 8:00–16:00, tel. +46 (0)10 224 70 00 or the Leader Växtlust office in Sunne, tel. +46 73 097 55 11.

Show respect for plants and animals.

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Länsstyrelsen
Värmland



Föreningen Leader Växtlust Värmland

Start of the Well-being Trail

Before starting this 2.5 km long Well-being Trail, pause and reflect on how you feel today. Do you feel calm, concentrated, energetic and free of worries, or do you feel the opposite? Notice how you feel right now. You will be asked the same question after completing the trail. Read the signs along the trail or pick up an information folder and read the instructions in it. Do the exercises and think about what is written on the signs. If you have difficulty walking off the trail, turn and look at the places mentioned in the signs. **The signs are based on your senses and your perceptions and experiences in the present moment. Be present here and now.** To get the maximum effect from your forest surroundings, proceed along the trail slowly, either alone or with a companion. Take time to do each exercise. Make sure you take at least 40 minutes to complete the trail for optimum effect.

We hope you benefit from the experience. Take the chance to unwind before reaching the next sign.

Sight

Look around you, look back towards the meadow by the lake, look out over the lake, cast your eyes along the birch alley on the right or into the forest on the left. Move your gaze until you find a peaceful place where you can be alone. Walk there and sit down or go there in your thoughts. Take a few deep breaths and let your shoulders drop and relax. Feel how the calm and stillness of the place influences you. Look around. Notice all the beautiful, bright colours in this place and compare them to other darker, more muted colours. Which do you like best?

Hearing

Let your mood be influenced by your lakeside surroundings. Concentrate on a specific sound in nature and notice how it changes, or just stand in silence. Let your thoughts flow freely and leave your daily life and worries behind. Concentrate on the different sounds in the forest: birdsong, the rustling of trees, water dripping, leaves falling to the ground or the sound of the water.

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Peace and calm, touch

Stop here. Take a few deep breaths to relax. Allow your shoulders to drop and relax. Notice how the surrounding landscape has changed since the beginning of the trail, and how the forest is now closer. Look around until you see something you like on the ground, in the woods or in the sky. Rest your gaze on this thing and forget everything else. Allow it to fascinate you. Take deep breaths. Feel your thoughts and body relaxing.

Reach out and touch the branches beside the path. Notice the different types of tree. Crouch down and touch the surrounding plants, moss, stones or trees. Notice their different textures: soft, hard, rough, smooth. Feel your mood getting better and better.

You and nature

Pause here and study your surroundings. Look for something in nature that represents your life situation right now. Do you feel like a strong, mighty tree, like a musty log, like soft moss, or like a hard stone? Or does your whole existence feel unsteady? The things you experience here can help you reflect on your life. Are you gaining any new insights?

Imagine that nature is listening to your thoughts. Look around and rest your gaze on a place that interests you. Notice what you are feeling and perceiving right now. Silently tell this place your thoughts. Notice how you feel lighter, as if a weight had lifted.

Smell

A fork in the path. Stay there for a while. Take a few deep breaths. Crouch down to get closer to the vegetation on the ground. Smell the wet moss, pine needles, flowers or the general fragrance of the forest. Imagine the different smells in the forest during the changing seasons. Which season, weather and smell do you like the best?

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