

'Forest medicine'
'Shinrin Yoku'

森林浴

SVETSKI TREND!

According to
Global wellness Summit

Nature prescription (Rx-nature)
is wellbeing trend for 2019

Nature perscription Rx nature



Назив, адреса и телефон здр. установе/приватне праксе	
Презиме и име пацијента, бр. телефона	
Radujlo Cechman	
Датум рођења	
18.01.1959.	
Назив или шифра дијагнозе	
300.0 F43.2	
Врста рецепта (убележити X исред врсте рецепта)	
Необновљив · Non repetatur	
Обновљив · Repetatur (уписати број обнављања)	
Посебан (уписати редни бр. из књи́ге издајних наркотика)	
Ограничен · Ad manum medici	
<p>Rp/ Forest therapy walk</p> <p>2th</p> <p>1x a week</p> <p>Prim. Dr. Goran Jovanović specijalista za psihijatriju</p> <p>26.03.2019.</p>	
Датум прописивања лека	Потпис и факсимил лекара
26.03.19	Goran Jovanović
(Печат здр. установе/приватне праксе у којој је лек прописан)	
Датум издавања лека	Потпис и факсимил фармацеута
27.03.2019.	/
(Печат здр. установе/приватне праксе у којој је лек издај)	Лек примио: Radujlo C.

Proscription of nature-
Rx nature



Bibliotherapy with haiku poems

Bibliotherapy



Council





Gratitude



Art from nature













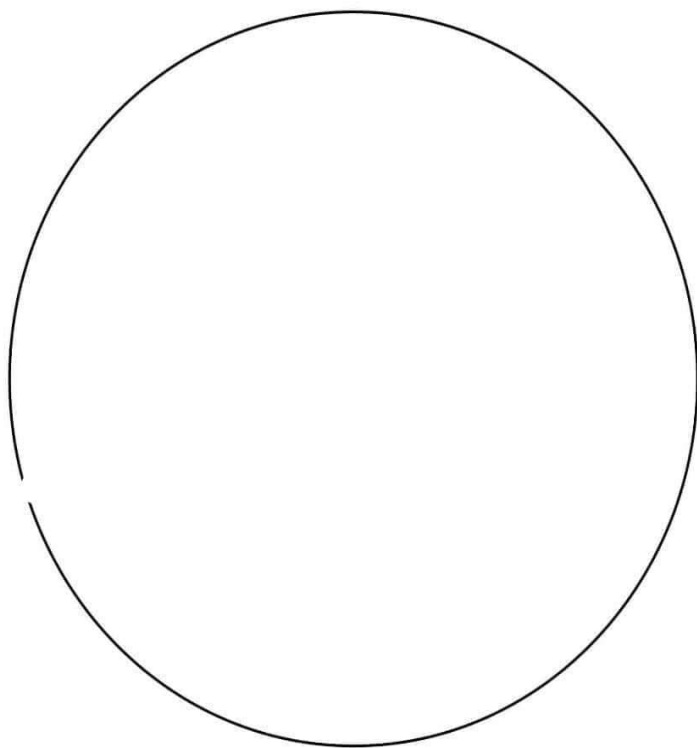


EVIDENCE BASED MEDICAL SPA

Ime i prezime: _____

Pol: _____

Godine starosti: _____



Skala sreće

Izabrana boja

Izabrana aroma

The Short Warwick-Edinburgh Mental Wellbeing Scale

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5

Method

3. Health effects were assessed after indoor learning for exam and after Rx nature program using:

- **The Manchester Color Wheel Test;**
 - **The Short Warwick-Edinburgh Mental Wellbeing Scale and**
 - **The Method of Active Imagination (Art from Nature – Mandala like Drawing)**
-

MANCHESTER COLOR WHEEL

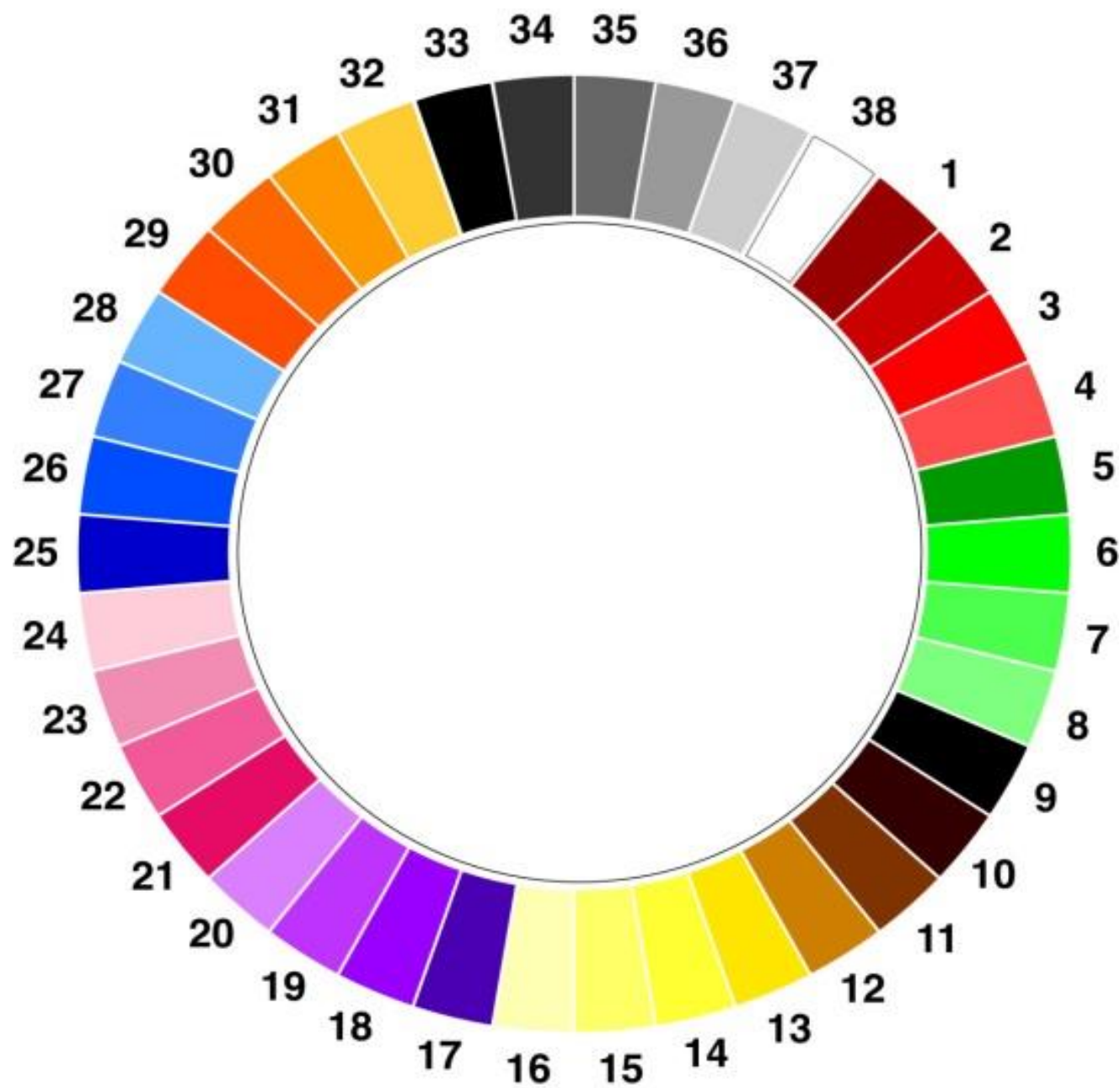
BMC Med Res Methodol. 2012 Sep 5;12(1):136.

[Epub ahead of print]

The Manchester Color Wheel: validation in secondary school pupils.

Carruthers HR, Magee L, Osborne S, Hall LK, Whorwell PJ.

.



Positive



8 13 14 15



16 19 20 21



22 23 24 29



30 31 32

Neutral



2 3 4 5



6 7 12 18



26 27 28 38

Negative



1 9 10 11



17 25 33 34



35 36 37

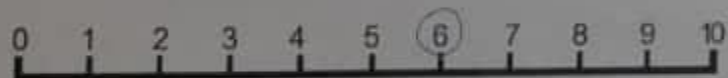
Mandala like drawings and
workshops

Mandala like drawings
were analyzed after
learning and after Rx-
nature, comparing data
(colours and symbols)

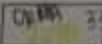
Active imagination- Mandala workshops

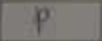
- There are a lot of different ways in which active imagination could be performed. A person could draw, paint, model in clay, use dance and movement, make collages, play music etc.
- Active imagination could be described as dreaming with open eyes
- While in dreams Ego is passively watching what is happening before him, in active imagination it has an active role

Ime i prezime: Anamarija Marković
Pol: Ž
Godine starosti: 20



Skala sreće

 Izabrana boja

 Izabrana aroma

Ime i prezime: Anamarija Marković
Pol: Ž
Godine starosti: 20



Skala sreće

 Izabrana boja

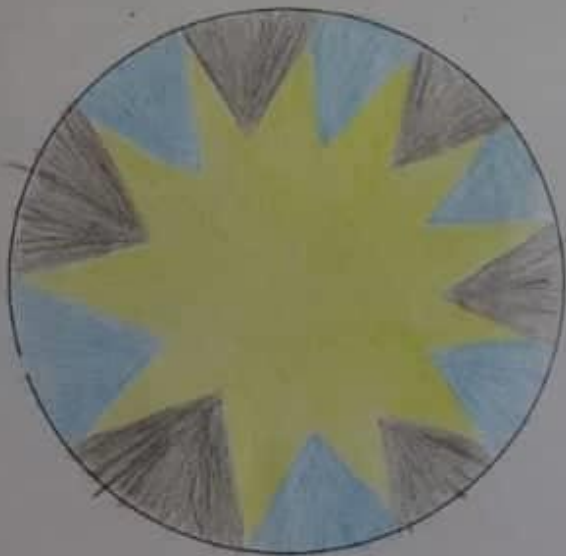
 Izabrana aroma

Pratim 21. upitnik o osjećanjima i mišljenjima o životu

Ime i prezime: Sanja Simeonović

Pol: ž

Godine starosti: 19



Skala sreće

☐ 15 Izabrana boja

☒ 1 Izabrana aroma

Pratim 21. upitnik o osjećanjima i mišljenjima o životu

Ime i prezime: Sanja Simeonović

Pol: ž

Godine starosti: 19

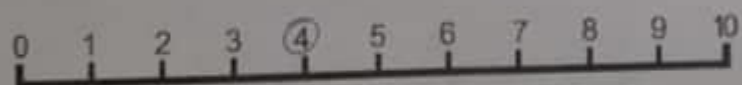


Skala sreće

☐ 15 Izabrana boja

☐ Izabrana aroma

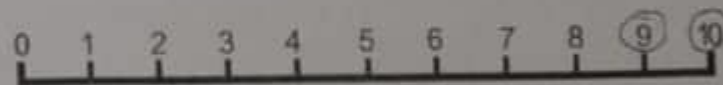
Ime i prezime: Jolana Pajunova
 Pol: ženska
 Godine starosti: 20



Skala sreće

☐ 3, 10, 15, 11 Izabrana boja
☐ e Izabrana aroma

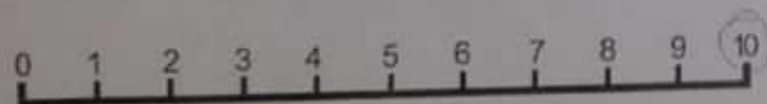
Ime i prezime: Jolana Pajunova
 Pol: ženska
 Godine starosti: 20



Skala sreće

☐ 2, 3, 4, 14 Izabrana boja
☐ Izabrana aroma

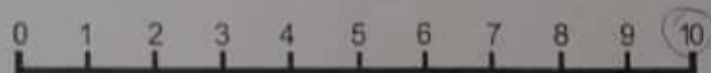
Ime i prezime: Nazma Aracli
 Pol: ženska
 Godine starosti: 24



Skala sreće

☐ 5 Izabrana boja
☐ 8 Izabrana aroma

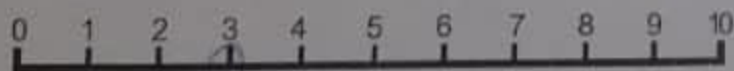
Ime i prezime: Nazma Aracli
 Pol: ženska
 Godine starosti: 24



Skala sreće

☐ 15 Izabrana boja
☐ Izabrana aroma

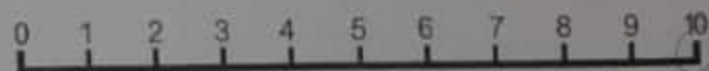
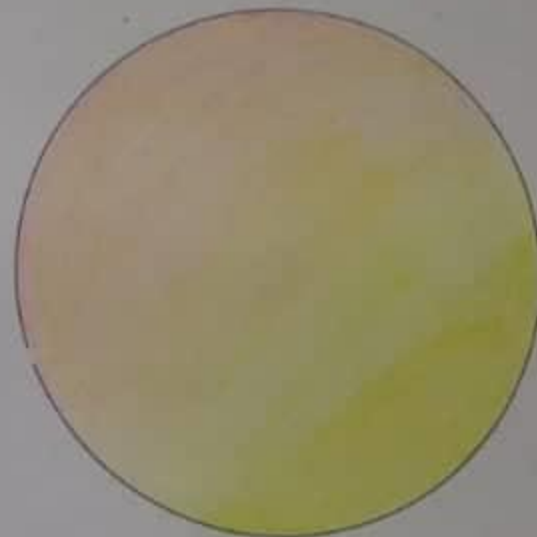
Ime i prezime: Janna Relya
Pol: ženska
Godine starosti: 20



Skala sreće

☒ 3, 2, 5 Izabrana boja
☐ 6 Izabrana aroma

Ime i prezime: Janna Relya
Pol: ženska
Godine starosti: 20

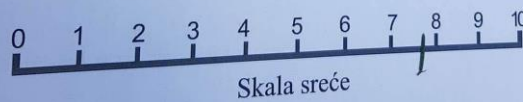


Skala sreće

☒ 3, 3, 1, 5 Izabrana boja
☐ Izabrana aroma



Ime i prezime: MATUŠA
Pol: _____
Godine starosti: _____



Izabrana boja
 Izabrana aroma







Nature mandala

active imagination and creativity development









KUR- UND HEILWALD
KURORTSÄULEN, HEIL, MEDIZIN

HEILWALDPLATZ MOTORIKPFAD UND MEDITATIVE BEWEGUNG

Die Übungen sind besonders empfehlenswert bei Erkrankungen des Atmerystems, der Haut, des Bewegungssystems, der Stärkung des Herz-Kreislaufsystems und bei psychosomatischen Erkrankungen.



Atmungs-
Erkrankungen



Herz, Kreislauf-
Erkrankungen



Gelenk-
Erkrankungen



Psychosomatische
Erkrankungen

Für Personen mit eingeschränkter Bewegungs-
und Herz-Leistungsfähigkeit empfohlen von
einer Begleitperson. Achten Sie auf die markierten
Schwierigkeitsgrade.



leichte



mittel



schwer

Shinrin Yoku

with Prof. Iwao Uehara



Mindfulness



Filotherapy



Heringsdorf forest fitness



Aromatherapy in the Thyme field



Polje majcine dusice

















Здраво из Србије

