

# 室内森林的疗愈之力：以模拟自然的室内环境提升人的身心健康

韦雅玮<sup>1</sup>, 王光玉<sup>1</sup>

(<sup>1</sup> 不列颠哥伦比亚大学林学院, 加拿大温哥华 V6T 1Z4)

**摘要:【目的】**随着城市化进程日益加剧,人们面临的压力不断增加,这也导致越来越多的人面临一系列的身心健康问题。因此,森林疗愈的重要性愈发凸显。在环境健康领域,森林康养作为一种有效的疗愈和保健方法已受到广泛认可。然而,在实际生活中,人们常常难以获得真正接触自然环境的机会。本研究的目标在于设计出模拟户外森林疗愈效果的室内自然环境,以弥补这一缺口。我们的目标是在诸如办公室、学校、豪华酒店、老年公寓以及社区中心等多种场所,引入模拟"室内森林"的疗愈室内设计以达到提高人们身心健康的目的,我们也希望通过对自然环境的模拟,让森林对于城市中的人来说变得触手可及。

**【方法】**在本研究中,我们进行了室内森林康养与户外森林康养的全面对比研究,主要采用两种方法:一是创建模拟自然的室内环境,二是在真实的户外森林中接受疗愈。为了量化评估两种不同环境的治愈效力(室内和森林),我们会对参与者进行实验前后的生理(如心率、血压、脑电图等)和心理(如情绪状态 Profile of Mood State 问卷)数据评估。**【结果】**本研究致力于设计和测试这些创新的、多元素的室内自然环境。我们预期,相比与纯室外的森林康养,室内模拟自然环境的森林康养效果略逊一筹,但是其功效也显著提升了参与者个人的生理和心理健康。此发现将指导如何设计和布置室内空间,从而能大程度的复制森林的疗愈效果,为城市居民及那些难以轻松接触到自然环境的人群提供一个具有前景的解决方案。**【结论】**本研究具有广泛的影响,通过在人造环境中利用自然的疗愈力量,我们能提升个人乃至社会的整体健康水平。这不仅凸显了森林康养的效力,也强化了“触手可及的自然”的概念,从而让更广大的人群受益于森林康养的便利性和益处。

关键词: 森林康养; 室内模拟环境; 自然疗愈; 室内森林

## Bringing Forests to Life: Nature's Sanctuary in Indoor Spaces for Enhanced Human-Nature Connection

Yawei Wei<sup>1</sup>, Guangyu Wang<sup>1</sup>

(<sup>1</sup> Faculty of Forestry, University of British Columbia, Vancouver, BC V6T 1Z4)

**Abstract:【Objectives】**As urbanization rapidly intensifies, mounting pressures have been linked to a growing number of physical and psychological health problems among city dwellers. Consequently, forest therapy, a widely acknowledged healing and wellness practice in the environmental health field, has gained growing prominence. Yet, accessing natural environments for forest therapy is often impractical in daily life. This research aims to overcome this challenge by designing indoor environments that mimic the therapeutic effects of outdoor forest therapy. We aspire to introduce this simulated 'indoor forest' concept in various contexts, including offices, schools, luxury hotels, senior residences, and community centers, to bolster individuals' health and well-being. Moreover, our goal is to render the forest experience accessible to urban populations through these simulated natural environments.

**【Method】**Our research methodology involves a thorough comparative study between indoor and outdoor forest

therapy. The approach encompasses two primary techniques: the creation of simulated indoor natural environments and exposure to authentic outdoor forests. We aim to quantify the healing power of both indoor and outdoor environments by evaluating participants' physiological (such as heart rate, blood pressure, and EEG) and psychological (Profile of Mood States questionnaire) health data before and after each exposure. **【Results】** A significant portion of our study is dedicated to the design and evaluation of innovative and diverse indoor natural environment settings. Our preliminary findings suggest that while the health benefits of indoor simulated forest therapy might be slightly lesser compared to traditional outdoor forest therapy, it nevertheless significantly enhances participants' physical and mental health. These results will inform future design and implementation of green indoor spaces that aim to replicate the therapeutic essence of nature, thus offering a promising solution for urban residents and those with limited access to natural landscapes. **【Conclusion】** The implications of this study are profound. By harnessing nature's therapeutic power in built environments, we can elevate communal health and individual well-being. This not only underscores the effectiveness of forest therapy but also emphasizes the concept of 'nature within reach,' extending the benefits of forest therapy to a broader demographic.

**Keywords:** Forest therapy; Simulated indoor nature environment; Nature healing; Indoor forest