

# **The Healing Power of Nature: Ecotherapy**

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Mental Health and Well-being

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Hello everyone! It's AckySHINE here, and today I want to talk about the incredible healing power of nature and the practice of ecotherapy. As a nature enthusiast and advocate for mental health, I have seen firsthand the positive impact that connecting with nature can have on our well-being. So, let's dive into this topic and explore the wonders of ecotherapy together!