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Women's Forest Congress UPDATE

November 2022

Inaugural Women's Forest Congress a Huge Success

The inaugural Women's Forest Congress was held October 17-20, 2022, in Minneapolis, MN, bringing together close to 500 people, both in-person and virtually. The themes addressed at the Congress included leadership for equity and inclusion; workforce opportunities for increasing recruitment, retention, and advancement; women as catalysts for change; addressing today's greatest forest challenges and supporting each other. At the conclusion of the Congress, the 2022 Women's Forest Congress Declaration was endorsed. Read more about the Congress in our [press release](#) and find the endorsed declaration [here](#). Be sure to check out the [graphic recordings](#) from the event on our [Padlet](#).

WFC Blog

Recent blog entries focused on the Women's Forest Congress event and our blogger writer's experiences. [Read a summary](#) of the Women's Forest Congress from Amanda Mahaffey, Deputy Director at the Forest Stewards Guild. Then, check out Delie Wilkens' reflections on the Congress [here](#). Delie is a program analyst with the US Endowment for Forestry and Communities.

To see the full suite of WFC blog entries, head over to our [website](#). And if you're interested in being a guest blogger, please [let us know](#).

Thank You to Our Sponsors for Helping Make History

Thank you to our many [sponsors](#) who directly supported hosting the Women's Forest Congress. As women continue to make their mark in the forest sector, this support will ensure the Congress continues to play a pivotal role in our shared journey to bringing diversity, equity, and inclusion to the forest community. Their donations will continue supporting the future of women in forestry, our community's growth, and empowerment, as well as WFC's ongoing communications and virtual events and the volunteer-led Steering

If you or your organization is interested in supporting the Congress and helping WFC with ongoing communications, the volunteer-led Steering Committee, Advisory Council, and Working Groups, learn more about [sponsorship opportunities](#) or [make a donation](#) today.

Fact of the Month

For most folks in the US, daylight savings time ended this past weekend, ushering in the start of [seasonal affective disorder](#) (SAD) for many individuals, given decreased daylight hours. #DYK it's estimated nearly 10 million Americans are affected by SAD every year, with an extra 10-20% having mild episodes. To combat the negative effects associated with SAD, it's recommended to increase your vitamin D and light exposure, among other things. What better way than to take part in [forest bathing or nature therapy](#). In a [2009 study](#) conducted in Japan, researchers observed "the more in-depth practice of forest bathing has been found to lower blood pressure, heart rate, and levels of harmful hormones — like cortisol, which your body produces when it's stressed. This can help put you in a more calm and relaxed state." Additional samples of research related to the benefits of forest and nature therapy can be found [here](#).

If you or someone you know is experiencing symptoms of SAD, contact your health care provider for treatment options, guidance and support. And if you or someone you know needs help now, call the [988 Suicide & Crisis Lifeline](#), by simply calling or texting 988, or chat [988lifeline.org](#).

THERE IS A NEED - ARGUABLY TODAY MORE THAN EVER - FOR DIVERSE PERSPECTIVES TO HELP ENSURE THE HEALTH AND FUTURE OF FORESTS.

Questions about the Women's Forest Congress? [Email](#) us.



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