

USING NATURE TO CONNECT WITH YOURSELF

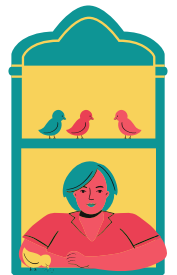
WHY?

- Time outside reduces stress and triggers many positive emotions including calm, connection to others, trust, increased energy, gratitude, joy, goodwill and kindness.
- Viewing naturescapes in real life and even in videos helps inspire “awe” and a connection to a greater whole.
- The outdoors activates all of our senses, helping us reconnect with our own body.



GET OUTSIDE!

- Start or end your day with 5-10 minutes of time outside, drinking your coffee/tea and allowing your eyes to soak up the natural light, notice the breeze on your skin, the sounds of the birds, the feel of any precipitation and the ground under your feet and sit bones, the smell of flowers or plants.
- Find a tree or other spot in your yard or a nearby park to rest once a day and notice the changes across seasons.
- Bring your meal or work outside for part of your day.
- Plant a flower or food garden or help with a community garden.
- Watch the stars at night or the clouds during the day.
- Participate in a nature survey (bees, butterflies and birds to name a few).
- Find new parks and nature spaces to exercise, picnic or play.
- Take a walk in your neighborhood and notice what elements of nature you find. What surprises or delights you?



BRING IT IN!

- Cut flowers or leafy branches from outside and place in a vase.
- Play nature sounds (rain, ocean, birds chirping) or add a water fountain.
- Watch videos of nature (even images and videos of nature help bring down cortisol and increase feelings of calm and awe).
- Start a nature collection - gather stones, acorns, pinecones or leaves and place in a vase or bowl.
- Find your favorite view from a window in your house and make it cozier and more comfortable. Move a comfy chair or change up the window treatment to make this a resting spot.
- Print pictures of your favorite nature spaces and display as art.
- Carry a stone in your pocket to remind you of your connection to the wider world.
- Open the windows and let the breeze pass through your house (even in the winter!)
- Plant seeds!



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