


A QUICK GUIDE TO RECONNECTING WITH NATURE

A hand is shown from the wrist up, palm facing up, reaching towards the sky. The background is a sunset or sunrise over a valley with rolling hills and mountains in the distance. The sky is filled with soft, golden light and some clouds.

Connecting with nature is shown to help people develop a sense of inner peace and tranquility

Take a walk in the park

Go Outside in bare feet and feel the grass between your toes

Go somewhere outside where you feel comfortable and takes some slow deep breaths and draw your mind to your surroundings. Focus on your five senses, hearing, seeing, smelling, tasting and what is physically connecting with you.

Plant some seeds or saplings

Do some gardening

Go outside and look at the moon and stars

Spend some time near water, a lake, a river, or the sea

Celebrate the changing seasons

Nature helps to reduce levels of stress.

Brings a sense of calm

Provides an opportunity to be free of judgement