

# SUPPORT FOR THE SUPPORTERS: YOU MATTER!

## PRACTICAL EVERYDAY EXERCISES TO PROMOTE POSITIVE MENTAL HEALTH

We know these are challenging times and we recognize you may be facing unprecedented stress.

We want you to take care of yourself too!

### Try This Great Way to Get Connected with Nature

#### **The Great Outdoors**

It's a great idea to get outdoors when you can.

Whether it is a walk around the neighborhood, a park, or just standing in the backyard - nature can soothe our soul!

Step 1: Go outside and pick a place where you can be in nature, ideally in the woods surrounded by trees.

Step 2: On the way to your spot, find a rock, pick it up, take it with you.

Step 3: When you get to your spot, step into it with intention.

Step 4: Walk aimlessly and slowly. You don't need any devices.



# Ground

Step 5: Let nature enter through your ears, eyes, nose, mouth, hands and feet. What do you notice?

- What do you hear? Birds chirping, the breeze in the leaves...
- What do you see? The trees, ferns, moss, bugs...
- What do you smell/taste? The fragrance of the forest.
- What do you feel? A tree, a stream, the ground.
- How do you feel? At peace, connected, grounded...

If done as a group, gather together in a circle at the end and share your observations. "I noticed..." If solo, maybe journal about your experience.

*Shinrin-Yoku*, or forest bathing, is like a bridge. By opening our senses, it bridges the gap between us and the natural world.

~Dr. Qing Li