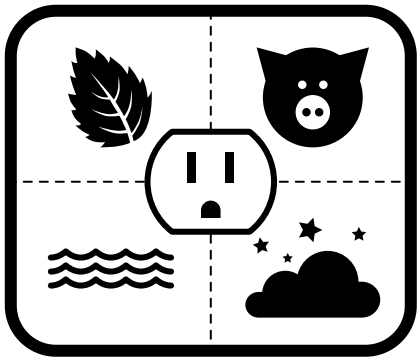
# CONNECT WITH NATURE

*"Nature is my medicine." – Sara Moss-Wolfe*

## Express It

### SPEAK IT

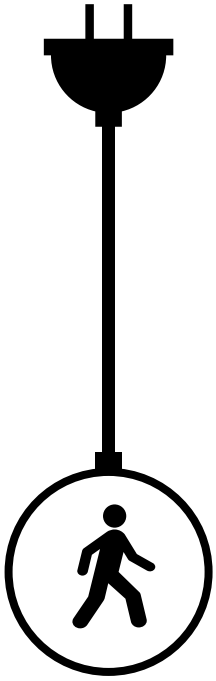
**Speak** what's below *out loud*, with enthusiasm, certainty, and belief. **Improvise** what you say as *much* as you want (actually, this is preferred). **Visualize** what you say - see it in your head before the words leave your lips. **Brackets** contain instructions that explain something specific to do.



### *What, Why, and How*

- You connect with nature by:
  - **Soaking up sunshine** - instead of artificial light
  - **Breathing in fresh air** - instead of recycled air
  - **Feeling a breeze on your face** - instead of air conditioning
  - **Smelling the trees, flowers, and fresh cut grass** - instead of chemical air fresheners
  - **Watching real animals** - instead of animal videos
  - **Observing the environment** - instead of Twitter and Facebook updates
  - **Walking around** - instead of sitting around
- Stepping into nature allows you to temporarily 'turn off' the noise, lights, cars, TVs, phones, and other distractions that cause stress and drain you of energy - it gives you the peaceful environment you need to properly 'recharge' your mind and body.
- Nature is pure and simple ***awesomeness*** - from observing and interacting with animals, to the smell of a pine forest, to the sound of ocean waves... it all has a way of deeply affecting you like nothing else can!
- ***When you:***
  - Want to connect with nature

  ***Then you will:***
  - **Open** your blinds and windows to let the fresh air and sunshine in
  - **Observe** the landscape, birds, blowing leaves, clouds, or animals from your office window, porch, or balcony
  - **Walk** around your neighborhood or a local park - enjoy a picnic
  - **Drive** out in the country with the windows down
  - **Sit** underneath the stars (with binoculars), or next to a river, lake or ocean and just soak in the experience!
  - **Visit** a state or national park and do some hiking, boating, kayaking, fishing, or general exploring
  - **Go** to a zoo, aquarium, or botanical garden
  - **Go** camping, build a fire, enjoy eating a simple meal outside, and explore the natural world around you



- To *really* connect with nature, you will:
  - **Think about it:** How amazing and beautiful it is, how it benefits you, how it makes you feel, and how fun it is
  - **Use your senses:** Pay attention to the colors/movement, smell of flowers/grass, feel the breeze/sun, and listen to birds, waves, and the wind

### EXPLAIN IT

- Describe out loud what some of your favorite things about nature are (animals, plants, stars, smells, etc.), give some specific reasons why you love them, and what specifically you can do to enjoy and experience them more.