

4 Ways to Practice Self-Care in Nature

Nature is a wonderful resource for self-care. Research shows that mindfully connecting with nature produces a variety of health benefits. It promotes physical, mental and social well-being. Connecting with nature is proven to reduce stress and increase resiliency.



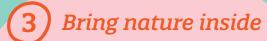
Connect to the earth's energy. Sit, stand, lay or walk on grass, sand, dirt or plain concrete – barefoot!

(2) Observe

Get outside and use all of your senses:

What are 5 things that you can see?
What are 4 things you can feel?
What are 3 things that you can hear?
What are 2 things you can smell?
What is 1 thing you can taste?

Or, if you can't get out, do the same but from a window or observe nature inside – a plant or a pet.





Add a low maintenance indoor plant or natural items such as pinecones or shells to your workspace or child's room.

4 Mini-Moves

Take a break during your day to go for a quick walk around the block or dance on your front porch.





Learn more. Get involved. childrenandnature.org/families