



NOTE TO SELF

Today will be
a good day

YOUR GUIDE TO SELF-CARE AND WELLNESS
IN NATURE



Benefits of Spending Time in Nature

- It reduces stress. Being in nature helps you to relax. Listening to your surroundings causes you to be present and stills the mind.



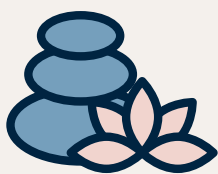
- Spending more time outside helps to promote exercise which will also help to increase your health and energy long-term.



- It helps you recover from mental fatigue. Being exposed to nature can help promote a natural sense of fascination & curiosity. So get out there do some exploring!



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Did You Know?



A 90-minute walk in nature...
Reduces negative self-talk



_____ *Try taking a walk after dinner or plan a walk at the park, maybe with a friend.*



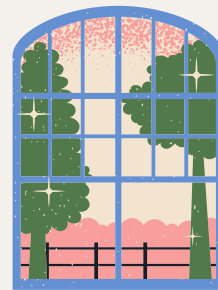
10 minutes in a green space...
Increases meditative responses in the brain

_____ *Try grounding. Take your shoes off and walk in the grass. Feel the earth beneath your toes and feet.*



Looking at natural scenery...
Triggers areas of the brain associated with empathy & love.

_____ *Find a nice window that looks out into the woods, or the garden. Or maybe take a drive by the beach or lake.*



*You did it!!!
You've taken the first steps and you should
be so proud of taking the time to give back
to yourself.
Because it's true, self-care isn't selfish...
It's necessary.*

