



NOTE TO SELF

Today will be
a good day

YOUR GUIDE TO SELF-CARE AND WELLNESS
IN NATURE



Benefits of Spending Time in Nature

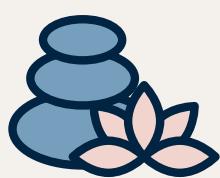
- It reduces stress. Being in nature helps you to relax. Listening to your surroundings causes you to be present and stills the mind.



- 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!



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.



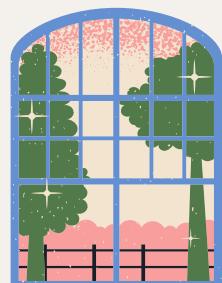
10 minutes in a green space...
Increases meditative responses in the brain

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.

