

Nature Therapy ideas

Turn off your phone and allow nature to be your guide

Find a comfy spot in nature and take a seat. Take time to really look. Maybe start looking at the ground around you. Are there small flowers or creatures navigating the grass. Then take a look at your surroundings, noticing the trees, hedges or plants. Can you see birds or small mammals using them? Then maybe look to the sky, notice the birds flying, or even bats if it is at dawn or dusk.

Your mind should start to quieten as it has had time to focus. You will start to relax and release tension from your body.

Take a slow walk and feel your way through the landscape. Run your hands through the moss, feel the texture of trees. Feel the softness of swaying long grasses and pick up fir cones, beech casts or feathers. And as you do



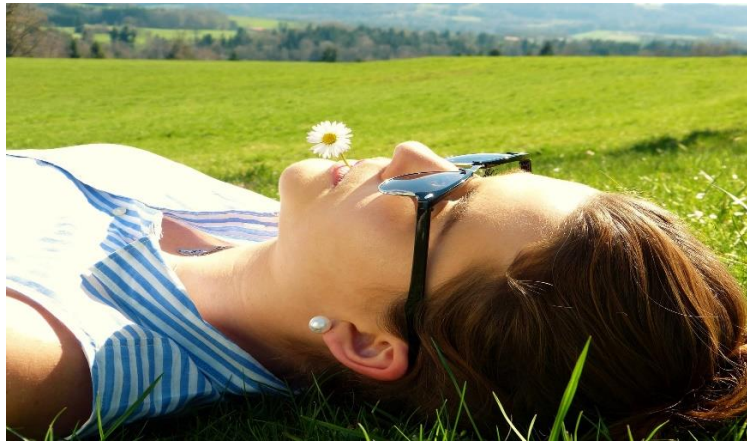
.....Take in the aromas of damp mosses, the smell of sweet pine of conifer trees the sweet-scented wildflowers.

Feeling and holding nature's gifts reconnects us at a deeper level and taking time to smell makes us breathe deeper and boosts our immune system as we breathe in phytoncides which are immune boosting chemicals released by trees.

Find yourself a tree and sit in its energy or give it a hug. Or you can simply lean on it. Offer the tree all the little nature gifts you have collected along your way and show it gratitude for what it offers. Wood for furniture, shelter and burning. Fruits and nuts for food. Leaves for medicinal use and oxygen to breathe. We simply cannot exist without life-giving trees. Think about how a tree stands for centuries and never sways from its loyalties to give life to others.



Showing gratitude and being thankful has shown to improve sleep and decrease anxiety, depression, and physical pain.



Find yourself a place to lie down. Feel the earth beneath you and listen to your surroundings. Can you hear the birds sing? Or maybe you can hear the trickling of a nearby stream and the gentle sound of grazing animals. Listen for the pollinators buzzing by and open your eyes to watch the clouds drift past and imagine any of your worries drifting away with them.

Spending time being grounded (or earthing) calms our nervous system and stabilizes our body on the deepest level, as it reduces inflammation, and stress while it improves the blood flow and sleep.

I would recommend trying each activity for 30 minutes to really open your senses and reach a deeper level of connection with nature, but also to get the optimal benefit for mind, body and soul.

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