

Connecting with Nature

The natural world offers great ways for us to pause, adapt, and ground ourselves. Here are ten ways to connect with nature:

Watch.

Whether you are watching from a window, a park bench, or on your commute home. Watch the clouds roll by, the birds flit from branch to branch, the water as it flows downstream, or the stars as they scroll across the night sky. Taking a moment to watch our world can remind us to be present in the moment and appreciate the delicate nature of the world around us.

Rest.

In a world of go, go, go, it's important to find time for rest. Studies have shown that connecting with our natural world improves short term memory, helps us to de-stress, and even alleviates depression and anxiety.

Listen.

Focusing on one of our senses can help us to regulate our nervous system. In listening, we often find peace and quiet. Tune in to the sounds in your garden or local park, whether its buzzing bees, birdsong, or a gentle breeze.

Play.

You never outgrow your capacity to play, and being in nature can spur this on. Whether your throwing a ball for a pet, going for a dip in the sea, or even climbing a tree, nature reconnects us with ourselves and gives us space to have fun.



Read.

Once your fingers are frozen, or the sun has gone down and you simply must head back inside, connecting with the world around us doesn't have to end. Books provide a great way to visit another place and learn all about its natural history. Try choosing a book from a new author with a different perspective.

Walk.

Getting outdoors doesn't always mean traversing mountains, taking a dive, or doing the extreme. For many of us, getting outdoors is as simple as taking a stroll outside. Going on an 'urban hike' or meandering through your neighborhood can help you notice new things in familiar environments.

Bloom.

Gardening is a wonderful way to connect with the changing seasons, and bring nature to life in your home. You can encourage pollinators, grow your own vegetables, and watch as colours burst in to life in the warmer months. Many people find community in their local allotments, whilst others find peace in the routine of weeding and watering.

Write.

Carrying a notepad is a great way to train yourself to notice the natural world. It's also an opportunity to jot down thoughts. Whether drawing, writing, or taking quick notes, you'll have something to look back upon and remember how much you, the places you write about, and the moments you've recorded have changed.

Create.

No art experience necessary! Creating art is a great way to connect with the land and with yourself. Your art is entirely for you, whether its a painting, a song, a photograph or a sketch, there's no wrong way to find inspiration in the natural world, and no wrong way to bring your creativity to life. Have fun with it!

Breathe.

Whether it is a minute or an hour, breathing in fresh air is good for the body, mind, and heart. Step outside and take it all in.

