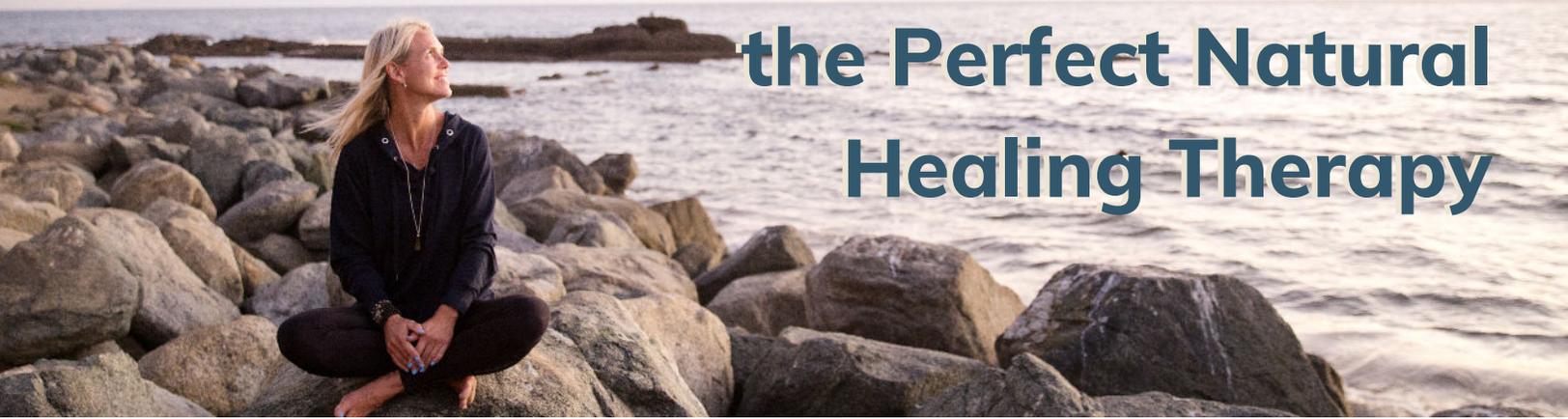


Five Ways Nature is the Perfect Natural Healing Therapy



CLEAR MINDS No doubt, we have become a society that is addicted to technology. According to eMarketer.com, adults spend over 12 hours and 7 minutes each day consuming media. Our frontal brain is inundated with information! In nature, we are disconnected with technology and connected with the outside world. Thus, our frontal lobe slows and is given much-needed time to rest. At the same time, our cerebellum steps up, inviting creativity and peace.

BE PRESENT Without the constant struggle of time and schedules, we are given the opportunity to simply be present in the moment! There are no meetings, kids to tend to, permission slips to sign, or emails to return. Instead, we are provided the opportunity to simply BE WITH WHO WE ARE IN THE MOMENT. What a gift!

OUR PERSPECTIVE SHIFTS There is nothing greater than seeing an adult who notices something for the first time. If it's a cloud that looks like an animal, colorful butterflies, singing birds or a Sundog in the sky. We are given the opportunity, in nature, to view what we otherwise don't see behind four walls. Emotionally, in the moment, we are allowing ourselves to feel awe. And according to a recent study by UC Berkeley, awe — as opposed to joy, pride, amusement, contentment and other positive emotions — is the singular sensation that goes the furthest in boosting one's overall sense of well-being.

Find a place in nature to sit in silence for 5 minutes + be present with what is around you. Look at the grass. The clouds. Notice the sun + breeze on your skin. Smell the air.

Journal: How does your body feel after quietly spending five minutes in Nature?

PROCESS EMOTIONS For our own mental, physical and emotional well-being, we must be able to feel our emotions in order to heal! Yet, this can be scary to do! We fear judgement or shame if we suddenly begin crying or releasing anger. But here's the thing: Mother Nature doesn't judge. Allowing ourselves to process emotions while hiking in the forest is so freeing and natural! The Forest and Wilderness becomes our sacred container to release our emotions, while also providing the beauty of a vast world that we live in.

Find a place in nature to sit in silence for 5 minutes + be present with what is around you. Look at the grass. The clouds. Notice the sun + breeze on your skin. Smell the air.

Journal: What emotions, thoughts, or memories came up for you after spending five quiet minutes in Nature?

LESSEN PTSD AND ANXIETY I like to think of the world we live in daily as a "created world" filled with concrete, buildings and workplaces. On the opposite spectrum, in my eyes, the "real world" consists of lakes, streams, oceans and mountains. One of these worlds gives us anxiety and stress, the other does not. Allowing our minds to slow and our bodies to live in the present moment is key to our overall health. According to UC Berkeley research, a week after river-rafting, study cohorts reported, on average, a 29 percent reduction in post-traumatic stress disorder (PTSD) symptoms, a 21 percent decrease in general stress, a 10 percent improvement in social relationships, a 9 percent improvement in life satisfaction and an 8 percent increase in happiness.

Here's the best part of it all:

**Spending time in Nature
does not cost a dime!**

XO

Sara

