



“Trust yourself. You know more than you think you do.” -  
*Benjamin Spock, M.D.*

## CONNECT WITH THE HEALING POWER OF NATURE

During these unusual times, self-care through exercise, mindfulness and connecting with nature is especially important. This is a simple mindfulness practice that you can do during a walk in your neighborhood, your yard, or even simply looking out a window at a favorite tree.

During your practice, pause occasionally and take a moment to find a comfortable place to sit or stand. Take a few deep breaths and allow yourself to reflect upon this week's theme of trust. You might journal or sketch if you like.

## WHILE ON YOUR STROLL

Remember that awareness comes through your physical senses (touch, taste, smell, sight, hearing), internal senses (what's happening within your body), intuitive senses and emotional senses.

1

### CAN YOU SENSE

a being (or beings) in the natural world as a friend? What does this friend's presence mean to you?"

2

### CAN YOU FEEL

the changing of the season? How do you sense these changes affecting you and your forest friend?

3

### HOW IS

nature supporting you today?

This activity is based on the Strolls for Well-Being — a free community program offered by Bloedel Reserve to promote overall well-being through connection with nature. For more information, visit [bloedelreserve.org](http://bloedelreserve.org).

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