

Connect with nature

Spending time in nature has been proven to decrease stress hormones, boost happy hormones, and promote overall wellbeing. There are many ways we can connect with nature and learn to appreciate our environment.

Now, go outside!

What is one way you connected with nature this week?

How did you feel while you were spending time in nature?

How are you feeling now, recalling the experience?

What are some other ways you could connect with nature regularly?

1.

2.

3.

4.

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