



Amy Wargo, Assistant Naturalist

Dinosaur Hill Nature Preserve

# The Healing Power of Nature

## Getting Started Worksheet

<p><i>Find a Local Nature Center</i></p>	<ul style="list-style-type: none"> <li>• <a href="http://DinosaurHill.org">DinosaurHill.org</a></li> <li>• <a href="#">Michigan Department of Natural Resources Nature Centers Page</a></li> </ul>
 <p><i>Leave Worries Behind</i></p>	<ul style="list-style-type: none"> <li>• Find a stone that speaks to you.</li> <li>• Study the stone and consider:             <ul style="list-style-type: none"> <li>• How much time has passed for this stone?</li> <li>• What changes has it endured?</li> <li>• How much pressure has it been under?</li> <li>• What has it weathered in its environment?</li> </ul> </li> <li>• Consider any thoughts or distractions that might affect your time in nature.</li> <li>• Place all these worries with the stone.</li> <li>• Set the stone in a place you can find after your walk.</li> <li>• Take comfort in knowing you can pick back up where you left them after your walk.</li> </ul>
 <p><i>Let's Take a Walk!</i></p>	<p>Remember:</p> <ul style="list-style-type: none"> <li>• Slow</li> <li>• Be aware of your senses</li> <li>• Notice your surroundings</li> <li>• Look for things you cannot hear</li> <li>• Listen for things you cannot see</li> <li>• No agenda</li> <li>• No goals</li> <li>• Just breathe</li> </ul>
<p><i>The Power of a Breath</i></p>	<ul style="list-style-type: none"> <li>• Deeply</li> <li>• Forest breathing</li> <li>• In slowly eight counts</li> <li>• Hold for a few counts</li> <li>• Slowly release 8-10 counts</li> <li>• Repeat several times</li> <li>• With gratitude</li> </ul>



*The Power of Gratitude, Healing and Grounding*

- Touch the tree with your bare hands.
- Think about the supply of oxygen it provides.
- Be grateful.
- Consider how a tree heals itself.
  - Can you use this to heal yourself?
- Consider your connection to the Earth by touching the tree.



*The Power of Letting Go*

- Locate a natural water source, like a creek.
- Find an object, a leaf, a small twig, or even just a scoop of water.
- Think of a message you'd like to send out into the world
- Think of something you want to release
- Consider "What does not serve me any longer?"
- Whisper your worry into the object
- Toss it into the stream and watch as it floats away...



*The Power of Water*

- Sit by a natural water source
- Breathe in the air
- Gaze at the water
- Take time to be still



*The Power of Awe*

- Find a tall tree
- Gaze up at the tree
- Consider how trees are so much like us
- Be grateful
- Do this for at least 60 seconds

*The Power to Begin Again*

- Spend time in nature
- If you cannot get outside, bring the outside in
  - Essential oils
  - Plants
  - Pictures or sounds of Nature

*Bonus Tip!  
See Nature Through New Eyes*

- Why not bring along a child and let them lead the nature walk?
- What catches their eye?
- Where do they stop to notice nature?
- What makes them smile?

*Be Well!*