

# Wellness Through Nature



# Welcome to your Mission!

This mission helps you reconnect with nature to boost your mental and physical well-being.

Each day, you'll spend time outdoors with simple activities like walking, mindfulness, and enjoying nature.

By the end, you'll feel more balanced and connected to the natural world.

## Tips:

- Explore different natural environments (parks, gardens, lakes) throughout the mission.
- Use a journal to track your daily experiences and note changes in your mood or stress levels.
- If you miss a day, don't stress—just continue the next day.



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## Day 1-5: 10-15 Minute Outdoor Breaks

**Task:** Spend 10 minutes outside each day.

**Example:** Sit on your porch with a cup of tea, take a short walk around your neighborhood, or simply stand in your yard and breathe deeply.

## Day 6-10: Mindful Walks

**Task:** Take a 15-minute walk each day, practicing the 5-4-3-2-1 grounding technique.

**Example:** Walk through a local park, noticing 5 trees, feeling 4 different textures (like leaves or grass), hearing 3 different bird calls, smelling 2 different flowers, and tasting the air or a mint.



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## Day 11-15: Nature and Kindness

**Task:** Reflect on how nature makes you feel and perform one act of kindness each day.

**Example:** Pick up litter during your walk, plant flowers in a community garden, or leave a kind note for a neighbor.

## Day 16-20: Happiness in Nature

**Task:** Engage in an activity that makes you happy while being outside.

**Example:** Read a book under a tree, go for a bike ride on a scenic trail, or spend time gardening in your backyard.



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## Day 21-25: Unplug and Relax

**Task:** Spend 20 minutes outside without your phone.

**Example:** Lay on a blanket in a park, listen to the wind rustling the leaves, or watch the clouds go by without any digital distractions.

## Day 26-28: Connect with Others

**Task:** Invite a friend or family member for a walk in nature.

**Example:** Walk around a lake with a friend, hike a nearby trail with a family member, or stroll through a botanical garden while catching up.



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## Day 21-25: Unplug and Relax

**Task:** Spend 20 minutes outside without your phone.

**Example:** Lay on a blanket in a park, listen to the wind rustling the leaves, or watch the clouds go by without any digital distractions.

## Day 29: Reflect and Journal

**Task:** Spend time outdoors journaling about your 30-day journey.

**Example:** Sit on a park bench or your favorite outdoor spot and write about how your connection with nature has improved your well-being.



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## Day 30: Nature Celebration

**Task:** Celebrate your commitment by spending an extended period outdoors.

**Example:** Plan a picnic at a scenic spot, go on a longer hike, or spend the day at a nature reserve enjoying the beauty around you.

## End Goal:

By the end of 30 days, you will have cultivated a deeper connection with nature, leading to improved mental focus, reduced stress, and enhanced overall well-being.

