

This week features suggestions for ways to de-stress and relax with nature-based self care!



What is self care?

Being a champion for your own mental, emotional, and physical well-being.



Self Care Ideas

- Try bringing nature inside with houseplants
- Stand at an open window, on a porch or balcony, or in your backyard for five minutes and quietly take in the natural sights, sounds, feelings, and smells
- If your access to nature is limited, play nature sounds and quietly listen with your eyes closed
- Have a picnic in your backyard or a park with others in your household
- Create art in, or inspired by, nature, such as: painting, photography, journaling, music, or whatever you enjoy!
- Get in the habit of waking up with a positive thought every morning (e.g. "Today is going to be a beautiful day." Then, pass along the positivity by complimenting someone else or doing a nice task for someone.

Did You Know?

Studies show that people are able to recall happy memories more easily when viewing natural landscapes. Try it out by changing your computer or phone background!

We'd love to see you completing the activities! If you would like, please share a picture of your own self care activity that we can share on social media! Please e-mail pictures to: zoologyfoundation@gmail.com

