

Trees Care For Your Peace Of Mind



Did you know?

Exposure to forests decreases mental fatigue by relaxing and restoring your mind as well as providing a sense of security.

1 Before your begin ...

How are you feeling right now?



Write about what's on your mind today?



Healthy Trees,
Healthy Lives



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- 2 Find a comfortable place outdoors to sit or walk near trees**
- 3 Take a deep breath and follow these steps to activate your senses. Answer to yourself or use the journal pages.**

Where are you? Become aware.

- What does your space look like? What kinds of trees are near you? Do the trees provide shade?
- Is the space busy? Are there lots of things moving around you? Are there things standing still?
- Zoom in. Focus on what is immediately in front of you. Observe it, study it. What do you notice?



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Close your eyes for 10 seconds. Open them.

What do you **SEE** around you?

-  What is the first thing you see when you open your eyes?
-  Look at the ground. Look at the sky. Look at the colors on your tree. Do your eyes feel different as you focus on certain objects?
-  Notice the colors around you. What colors are your tree? Are the leaves bright and full? Do you see new growth on the tree?
-  Focus your vision. What is the smallest thing you can see near you?

Is there anything smaller than that?



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Close your eyes and take a deep breath.

What do you HEAR around you?

-  What sounds can you identify while your eyes are closed? Name the sounds. Can you hear the wind in the trees?
-  What direction are the sounds coming from? Cover one ear with your hand and listen. Now the other ear. How are the sounds different?
-  Focus your hearing on one sound at a time. Listen only for that sound. How long does it take for other sounds to fade away?
-  Can you hear yourself taking a breath?



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Breathe in deep and exhale three times.

What scents can you identify?

- ↳ What does the air smell like? Can you smell the trees? The grass? Are there flowers?
- ↳ Take two more deep breaths. Do the scents in the air trigger any memories?

What do you FEEL around you?

- ◎ What textures are around you? Do all the trees have the same texture? The grass?
- ◎ Can you feel the sun on your face? Does your skin feel different when you step under the shade of a tree?



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- Look around you and find something you can reach out and touch. Can you find something soft? Something rough?
- Find a place to stand or sit beneath a tree and look up at the branches. What do you feel while standing beneath the tree?

Reflect.

- How are the things you saw and felt today different from the things you see and feel on a typical day? How do you think trees help us?
- Think about how you felt before you started. How are you feeling now?



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